

River Crossing Club

FITNESS CENTER CLASS SCHEDULE

● Monday

BEGINNERS BODY BURN* TENEILE 6:40 - 7:30 AM	TOTAL BODY BURN TENEILE 8:15-9:15 AM	INTERMEDIATE CLASSICAL PILATES CAROLYN 10:10-11:10 AM	BODYSculpt W/ BARRE CHRISTIANE 11:20-12:05 PM	STRETCH CHRISTIANE 12:15-1:00 PM	SUSPENSION TRAINING* ADAIA 5:30-6:00 PM
--	---	--	--	---	--

* 2ND AND 4TH MONDAY
EACH MONTH

● Tuesday

CARDIO PILATES CHRISTIANE 9:45 - 10:30 AM	AQUA ZUMBA ADAIA 10:40 - 11:25 AM	AQUA YOGA ELAINE 11:30-12:15 PM	STRETCH JAMESON 3:00- 3:45PM
--	--	--	---

● Wednesday

BEGINNERS BODY BURN* TENEILE 6:40 - 7:30 AM	TOTAL BODY BURN TENEILE 8:15-9:15 AM	CORE ADAIA 10:10-10:35 AM	ZUMBA ADAIA 10:45 - 11:30 AM	BEGINNER TO CLASSICAL PILATES CAROLYN 11:45 - 12:45 PM
--	---	--	---	---

● Thursday

BARRE CHRISTIANE 9:45-10:30AM	ZUMBA SENTA0 ADAIA 10:45 - 11:30 AM	YOGA ELAINE 11:40-12:25 PM	YOGA ELAINE 4:30-5:15 PM
--	--	---	---------------------------------------

● Friday

BEGINNERS BODY BURN* TENEILE 6:40 - 7:30 AM	TOTAL BODY BURN TENEILE 8:15-9:15 AM	INTRO TO CLASSICAL PILATES CAROLYN 9:30 - 10:15 AM	CARDIO STRENGTH ADAIA 10:30-11:15 AM
--	---	---	---