

River Crossing Club

FITNESS CENTER CLASS SCHEDULE

● Monday

BEGINNERS BODY BURN* SELF GUIDED 6:40 - 7:30 AM	BODY BURN TENEILE/SELF GUIDED 8:15-9:15 AM	INTERMEDIATE CLASSICAL PILATES CAROLYN 10:10-11:10 AM	BODY SCULPTING CHRISTIANE 11:20-12:05 PM	STRETCH CHRISTIANE 12:15-1:00 PM	SUSPENSION TRAINING* ADAIA 5:30-6:10 PM
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* 2ND AND 4TH MONDAY
EACH MONTH

● Tuesday

CARDIO PILATES CHRISTIANE 9:45 - 10:30 AM	ZUMBA/TONING/SENTAO ADAIA 10:45 - 11:45 AM	YOGA ELAINE 11:55-12:40 PM	STABILITY/STRETCH ADAIA 3:30- 4:15PM
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● Wednesday

EARLY BODY BURN* SELF GUIDED 6:40 - 7:30 AM	BODY BURN TENEILE/SELF GUIDED 8:15-9:15 AM	ZUMBA GOLD LESLIE 9:45 - 10:30 AM	FIT & ACTIVE ADAIA 10:45 - 11:30 PM	BEGINNER TO CLASSICAL PILATES CAROLYN 11:45 - 12:45 PM
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● Thursday

BARRE CHRISTIANE 9:45-10:30AM	ZUMBA GOLD LESLIE 10:45 - 11:30 AM	YOGA ELAINE 11:40-12:25 PM	BALL FIT ADAIA 12:35-1:05 PM	YOGA ELAINE 4:30-5:15 PM
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● Friday

EARLY BODY BURN SELF GUIDED 6:40 - 7:30 AM	BODY BURN TENEILE/SELF GUIDED 8:15-9:15 AM	INTRO TO CLASSICAL PILATES CAROLYN 9:45 - 10:30 AM	CARDIO & STRENGTH ADAIA 10:45-11:30 AM
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