

# Total Body Wellness

## October 2024

Effective 10/01-10/31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM (B) SHARON	SUNRISE YOGA 6:30 AM-7:15AM (B) NANCY			ULTIMATE FITNESS 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) MARIA <b>NEW INSTRUCTOR</b>	HIIT BOOT CAMP 9AM-10AM (A) LIZA
VINYASA YOGA 9AM-10AM (B) NANCY	TOTAL BODY STRENGTH 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) PAT <b>NEW CLASS</b>	VINYASA YOGA 9AM-10AM (B) DEL	BARRE FIT 9AM-10AM (MB) MISSI	VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) RAJI
ZUMBA® TONING 10AM-11AM (A) RUCHI	AQUA CARDIO TONE 8:30AM -9:30AM (P) ANU	VINYASA YOGA 9AM-10AM (B) DEL	BOLLYWOOD FITNESS 9:15AM-10AM (A) JASWINDER <b>NEW TIME</b>	TAI CHI 9AM-10AM (A) Setsuko	ZUMBA® 10AM-11AM (A) RUCHI	Zumba® 10AM-11AM (A) MARIA
	ZUMBA® 10AM-11AM (A) JASWINDER	HULA HOOP FIT 10AM-11AM (B) ANGELA	MIXER 10AM-11AM (A) LISA P. <b>NEW TIME</b>	VINYASA FLOW 9:30AM-10:30AM (B) NANCY	AQUA DANCE/TONE 10AM-11AM (P) DONNA	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
	HIIT 30 11AM-11:30AM (A) JASWINDER			AQUA TONE/CORE 12:15PM-1PM (P) ANU		STRONG 30 11AM-11:30AM (A) MARIA
<b>KIDS ZUMBA®</b> 6PM-7PM (MB) DONNA			<b>TEEN STRENGTH &amp; CONDITIONING</b> <b>AGES 12-16</b> 5:30PM-6:30PM (FF) MARK	BOLLYWOOD FITNESS 5:30PM-6:30PM (A) ARCHANA		BOLLYWOOD FITNESS 11::30am-12:30pm (A) JASWINDER
ZUMBA TONING 6:30PM-7:30PM (A) MARIA	TOTAL BODY STRENGTH 6PM-7PM (A) VIN <b>SUB MARK</b>	INTERVAL TRAINING 6PM-7PM (A) MARK	HULA HOOP FITNESS 6PM-7PM (A) ANGELA <b>NO CLASS- 10/31</b>	<b>KIDS CONDITIONING</b> 5:30PM-6:30PM (G) DEE-DEE		
SPINNING® 7PM-8PM (S) PAT	VINYASA YOGA 6:15pm-7:15PM (B) SHARON	BARRE 6PM-7PM (MB) DANIEL	YOGA 7PM-8PM (PR) NITA	STRONG NATION® 6:30PM-7:30PM (A) MARIA		
HATHA YOGA 7PM-8PM (MB) PRIYANKA	MAT PILATES 7:15PM-8PM (B) SHARON	ZUMBA® 7PM-8PM (A) JEANETTE	TOTAL BODY STRENGTH 7PM-8PM (A) LIZA			
TOTAL BODY SCULPT 7:30PM-8:30PM (A) MARK	ZUMBA® 7PM-8PM (A) STACY	HATHA YOGA 7PM-8PM (MB) DANIEL	<b>KIDS BOLLYWOOD</b> 7PM-8PM (MB) ARCHANA			

### STUDIOS

FITNESS FLOOR (FF) AEROBICS STUDIO (A) MIND BODY STUDIO (MB) GYMNASIUM (G) SPIN ROOM (S) BANQUET HALL (B) PARTY ROOM (PR)