

Total Body Wellness

FEBRUARY 2024

Effective 02/01-02/29



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM (B) SHARON	SUNRISE POWER FLOW 6:30 AM-7:15AM (B) NANCY			ULTIMATE FITNESS 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) CATHY	HIIT 9AM-10AM (A) LIZA
VINYASA YOGA 9AM-10AM (B) NANCY	TOTAL BODY STRENGTH 7:30AM-8:30AM (A) LISA P	VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) DEL	BARRE FIT 9AM-10AM(MB) MISSI	VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) NANCY
ZUMBA® TONING 10AM-11AM (A) RUCHI SUB JASWINDER	AQUA CARDIO TONE 8:30AM -9:30AM(P) ANU	SPINNING® 9AM-10AM(S) PAT	BOLLYWOOD FITNESS 9AM-10AM(A) JASWINDER	TAI CHI 9AM-10AM (A) Setsuko	ZUMBA® 10AM-11AM (A) RUCHI SUB JEANETTE	Zumba® 10AM-11AM (A) MARIA
	ZUMBA® 9:30AM-10:30AM(A) JASWINDER		MIXER 10AM-11AM (A) LISA P	VINYASA FLOW 9:30AM-10:30AM STEPHANIE	AQUA DANCE/TONE 10AM-11AM (P) DONNA	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
	HIIT 30 10:30AM-11AM (A) JASWINDER NEW			AQUA TONE/CORE 12:15PM-1PM (P) ANU		STRONG 30 11AM-11:30AM (A) MARIA
FAMILY ZUMBA® 6PM-7PM (MB) DONNA	VINYASA YOGA 6:15pm-7:15PM (B) SHARON	INTERVAL TRAINING 6PM-7PM (A) CATHY	MAT PILATES 5:30PM-6:30PM(MB) SHANESE	BOLLYWOOD FITNESS 5:30PM-6:30PM (A) ARCHANA		BOLLYWOOD FITNESS 12PM-1PM (A) JASWINDER NEW
ZUMBA TONING 6:30PM-7:30PM (A) MARIA	MAT PILATES 7:15PM-8PM (B) SHARON	ZUMBA® 7PM-8PM (A) JEANETTE	HULA HOOP FITNESS 6PM-7PM (A) ANGELA	KIDS CONDITIONING 5:30PM-6:30PM(G) DEE-DEE		
SPINNING® 7PM-8PM (S) PAT	TOTAL BODY STRENGTH 6PM-7PM (A) VIN	HATHA YOGA 7PM-7:8PM (MB) RAJI	FAMILY YOGA 6:30PM-7:30PM(PR) NITA	STRONG NATION® 6:30PM-7:30PM (A) MARIA		
HATHA YOGA 7PM-8PM (MB) PRIYANKA	ZUMBA® 7PM-8PM (A) STACY		TOTAL BODY STRENGTH 7PM-8PM (A) LIZA			
TOTAL BODY SCULPT 7:30PM-8:30PM (A) MARK			KIDS BOLLYWOOD 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)

Schedule subject to change