

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Lift 12:00 PM Lisa	Bootcamp 9:00 AM Wendi Jabfit 10:00 AM Christine Amateur Hour 11:00 AM Lisa Weighted Aqua Tabata 12:00 PM Lisa Lift Club 5:00 PM Dana	Lift Club 9:00 AM Dana Butts & Guts 10:30 AM Ken	TRX 8:00 AM Angelo Bootcamp 9:00 AM Wendi MyZone Fit 10:30 AM Christine Deep Water Tabata 12:00 PM Lisa	Amateur Hour 9:30 AM Lisa TRX 9:30 AM Ken Jabfit 10:30 AM Christine Aqua Kick Tabata 11:00 AM Lisa	Tabata Fit 10:00 AM Christine	

Reservation Required **RR**

Club Hours
Monday - Friday
 4:30 AM - 11 PM
Saturday - Sunday
 7 AM - 7 PM

Kids' Club Hours
Monday-Friday
 8 AM - 12 PM & 4 PM - 8 PM
Saturday
 8 AM - 1 PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4 AM. As a courtesy to other members, please arrive to class on time.**



Cellphones are not permitted in class. Thank You