

# Fitness Class Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	<b>Cardio Mix</b> Lisa 60 min (Studio)				
9:30 am		<b>FUNctional Fitness</b> Brett 45 min (Studio)		<b>FUNctional Fitness</b> Brett 45 min (Studio)	<b>Power Zone</b> Brett 45 min (Studio)
10:30 am	<b>Gentle Fit</b> Kerry 60 min (Studio)	<b>Cycle Fit</b> Brett 45 min (Studio)	<b>Gentle Fit</b> Kerry 60 min (Studio)	<b>Cycle Fit</b> Brett 45 min (Studio)	<b>IMPROVE your Mobility</b> Brett 45 min (Studio)
12:00 pm		<b>Gentle Fit</b> Brett 60 min (Studio)		<b>Gentle Fit</b> Brett 60 min (Studio)	
6:00 pm	<b>Explore the Outdoors</b> Brett 45 mins (Outdoors)	<b>Strength</b> Lisa 60 min (Gym)	<b>FUNctional Fitness</b> Brett 45 min (Studio)	<b>Cardio Mix</b> Lisa 60 min (Studio)	
7:00 pm	<b>Power Zone</b> Brett 45 min (Studio)		<b>Cycle Fit</b> Brett 45 min (Studio)		