

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM					
9:00 AM	AEROBIC DANCE 9:00 - 10:00 AM GYM	AEROBIC DANCE 9:00 - 10:00 AM GYM		AEROBIC DANCE 9:00 - 10:00 AM GYM	AEROBIC DANCE 9:00 - 10:00 AM GYM
9:30 AM					
10:00 AM	PILATES 10:15 -11:15 AM Room 210/211		PILATES 10:15 -11:15 AM Room 210/211		PILATES 10:15 -11:15 AM Room 210/211
10:30 AM					
11:00 AM			TAI CHI 11:15 AM – 12:00 PM Room 210/211		TAI CHI 11:15 AM – 12:00 PM Room 210/211
11:30 AM					
12:00 PM		YOGA 12:00 – 1:00 PM Room 210/211		STRETCH 12:00 – 12:45 PM Room 210/211	
12:30 PM					
1:00 PM	PICKLEBALL OPEN PLAY 1:00 – 3:00 PM GYM			PICKLEBALL OPEN PLAY 1:00 – 3:00 PM GYM	
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM		AEROBIC DANCE 5:30 – 6:30 PM Room 210/211		AEROBIC DANCE 5:30 – 6:30 PM Room 210/211	
6:00 PM					