

Group Fitness

Schedules online www.ddaonline.com

Thank you, Instructors!

| | | | | | | | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|--------------------|----------------------|----------------------|----------------------------|----------------------------|--------------------|----------------------|---------------|---------|-----------|----------|---------|--------------------|-----------------------------|
| | High Energy Studio | | | | | | | | | | | | | |
| | 5:30am | | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | | | | | | | | | |
| | 8:15am | tone | | LES MILLS BODYPUMP | | tone | | | | | | 8:00am | LES MILLS BODYPUMP | LES MILLS BODYSTEP ATHLETIC |
| | 9:00am | | LES MILLS CXWORX | | | | | | | | | 9:15am | LES MILLS BODYJAM | Yoga |
| | 9:30am | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT | LES MILLS SH'BAM | LES MILLS BODYSTEP CLASSIC | LES MILLS BODYPUMP | | | | | | 10:15am | LES MILLS CXWORX | |
| | 10:45am | LES MILLS BODYFLOW | tone | Restorative Yoga | tone | Yoga | | | | | | | | |
| | 11:45am | | Silver Sneakers | | Silver Sneakers | | | | | | | | | |
| | Noon | LES MILLS BODYPUMP | | | | LES MILLS BODYPUMP | | | | | | | | |
| | 4:30pm | LES MILLS BODYJAM | LES MILLS BODYFLOW | LES MILLS BODYPUMP | Flow Yoga | | | | | | | | | |
| | 5:30pm | | LES MILLS CXWORX | | LES MILLS CXWORX | LES MILLS BODYPUMP | | | | | | | | |
| | 5:45pm | LES MILLS BODYPUMP | | LES MILLS BODYSTEP CLASSIC | | | | | | | | | | |
| | 6:00pm | | LES MILLS BODYATTACK | | LES MILLS BODYCOMBAT | | | | | | | | | |
| | 7:00pm | Gentle Yoga | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| Bootcamp | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | |
| | 6:00am | Bootcamp | | Bootcamp | | | | | | | | | | |
| | 9:30am | | Bootcamp | | Bootcamp | 8:00am | Bootcamp | | | | | | | |
| | Noon | | | Bootcamp | | | | | | | | | | |
| | 5:30pm | | Bootcamp | | Bootcamp | | | | | | | | | |
| Mind Body | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | |
| | 9:30am | | Beginning Yoga | Yoga Strength | LES MILLS BODYFLOW | 9:15am | Flow Yoga | | | | | | | |
| | 10:30am | Silver Sneakers Yoga | | | | | Silver Sneakers Yoga | | | | | | | |
| | 5:45pm | | | | | | | | | | | | | |
| Power Pedal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | |
| | 5:30am | Power Pedal | Power Pedal | Power Pedal | Power Pedal | Power Pedal | 7:00am | Power Pedal | | | | | | |
| | 9:30am | LES MILLS RPM | LES MILLS RPM | LES MILLS RPM | | Power Pedal | 9:15am | LES MILLS RPM | | | | | | |
| | Noon | | LES MILLS RPM | | LES MILLS RPM | | | | | | | | | |
| | 4:30pm | | | | Power Pedal | | | | | | | | | |
| 5:45pm | Power Pedal | | Power Pedal | | | | | | | | | | | |
| Pool | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | |
| | 9:00am | Waves in Motion | Waves in Motion | Waves in Motion | Waves in Motion | Waves in Motion | | | | | | | | |
| 10:15am | Silver Waves | | Silver Waves | | Silver Waves | | | | | | | | | |



Effective - November 14th, 2018