

Group Fitness

Schedules online www.ddaonline.com

Thank you, Instructors!

							Saturday	Sunday
	Monday	Tuesday	Wednesday	Thursday	Friday			
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 LES MILLS BODYFLOW	
	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	6:00am	Bootcamp		Bootcamp		Bootcamp		
	9:30am		Bootcamp		Bootcamp		8:00am Bootcamp	
	Noon			Bootcamp				
	5:30pm		Bootcamp		Bootcamp			
Mind Body	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	5:30am	Power Pedal	Power Pedal	Power Pedal	Power Pedal	LES MILLS RPM	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		LES MILLS RPM				
Pool	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 - January 10th, 2019