

Outdoor Group Exercise Classes JKR & Sawmill

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.			Abs and Glutes JKR 8:45 a.m. - 9:45 a.m.		HIIT Sawmill 8:15 a.m. - 9:00 a.m.
9:00 a.m.	Cardio and Strength JKR 9:15 a.m. - 10:15 a.m.		Cycle Sawmill 9:15 - 10:15 a.m.		
10:00 a.m.		Shape Up Sawmill 10:15 a.m. - 11:15 a.m. Water Aerobics Sawmill 10:00 a.m. - 10:40 a.m.		Funky Fitness Sawmill 10:15 a.m. - 11:15 a.m. Water Aerobics Sawmill 10:00 a.m. - 10:40 a.m.	Cardio and Strength JKR 10:15 - 11:15 a.m.
11:00 a.m.					
12:00 p.m.					
1:00 p.m.					
2:00 p.m.					
3:00 p.m.					
4:00 p.m.					
5:00 p.m.	Cycle Sawmill 5:15 - 6:15 p.m.		Cardio and Strength JKR 5:15 p.m. - 6:15 p.m.	Cycle Sawmill 5:15 - 6:15 p.m.	
6:00 p.m.	Zumba Sawmill 6:15 p.m. - 7:15 p.m.	Aqua Zumba Sawmill 6:00 p.m. - 6:45 p.m.		Aqua Zumba Sawmill 6:00 p.m. - 6:45 p.m.	
7:00 p.m.					