

May 18 - May 24



MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
5:00 am - 8:15 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 7:30 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:00 am LC Adult Swim <i>Indoor Lap Pool</i>	5:00 am - 9:15 am LC Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 8:00 am LC Intermediate/Advanced Open Pickleball <i>Gym</i>	6:30 am - 8:00 am LC Beginner/Intermediate Open Pickleball <i>Gym</i>
5:00 am - 1:00 pm LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 9:00 am LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 10:00 am LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 9:00 am LC Area Reserved Open Gym <i>Gym</i>	5:00 am - 10:30 am LC Area Reserved Open Gym <i>Gym</i>	6:30 am - 10:00 am LC Adult Swim <i>Indoor Lap Pool</i>	6:30 am - 11:00 am LC Adult Swim <i>Indoor Lap Pool</i>
5:15 am - 6:05 am LC Strength <i>Move Studio</i>	5:30 am - 6:15 am LC Cycle <i>Ride Studio</i>	5:15 am - 6:10 am LC BODYPUMP® <i>Move Studio</i>	5:30 am - 6:00 am LC SPRINT® <i>Ride Studio</i>	5:30 am - 6:20 am LC Balance and Stability <i>Lotus Studio</i>	7:45 am - 8:30 am LC Cycle <i>Ride Studio</i>	7:45 am - 8:30 am LC Interval <i>Move Studio</i>
6:00 am - 10:00 am LC Personal Training <i>Lift Studio</i>	6:00 am - 6:30 am LC Core <i>Move Studio</i>	7:00 am - 7:50 am LC BODYCOMBAT® <i>Move Studio</i>	6:10 am - 6:40 am LC Core <i>Move Studio</i>	5:45 am - 6:40 am LC BODYPUMP® <i>Move Studio</i>	8:00 am - 8:55 am LC Yoga <i>Lotus Studio</i>	8:00 am - 9:30 am LC Intermediate/Advanced Open Pickleball <i>Gym</i>
8:00 am - 8:45 am LC Interval <i>Move Studio</i>	6:20 am - 6:50 am LC Yoga <i>Lotus Studio</i>	7:00 am - 9:00 am LC Personal Training <i>Lift Studio</i>	6:45 am - 7:15 am LC HIIT & Lift <i>Lift Studio</i>	7:30 am - 8:00 am LC LES MILLS CORE® <i>Lotus Studio</i>	8:00 am - 8:55 am LC BODYPUMP® <i>Move Studio</i>	9:00 am - 9:55 am LC BODYCOMBAT® <i>Move Studio</i>
8:15 am - 9:10 am LC Water Power <i>Indoor Lap Pool</i>	6:40 am - 7:10 am LC Arm Day <i>Move Studio</i>	7:30 am - 8:25 am LC Water Power <i>Indoor Lap Pool</i>	7:20 am - 7:50 am LC Core <i>Move Studio</i>	8:00 am - 8:45 am LC Ringside <i>Move Studio</i>	8:00 am - 9:30 am LC Beginner/Intermediate Open Pickleball <i>Gym</i>	9:00 am - 9:55 am LC Yoga <i>Lotus Studio</i>
8:30 am - 9:25 am LC Pilates <i>Lotus Studio</i>	6:45 am - 7:15 am LC HIIT & Lift <i>Lift Studio</i>	8:00 am - 8:45 am LC Ringside <i>Move Studio</i>	7:30 am - 10:00 am LC Personal Training <i>Lift Studio</i>	8:00 am - 11:00 am LC Personal Training <i>Lift Studio</i>	8:40 am - 9:10 am LC SPRINT® <i>Ride Studio</i>	9:30 am - 11:00 am LC Adult Open Gym <i>Gym</i>
9:15 am - 10:10 am LC BODYPUMP® <i>Move Studio</i>	7:30 am - 9:30 am LC Personal Training <i>Lift Studio</i>	8:00 am - 8:50 am LC Yoga Stretch <i>Lotus Studio</i>	7:45 am - 8:45 am LC Barre Burner <i>Lotus Studio</i>	8:15 am - 8:45 am LC SPRINT® <i>Ride Studio</i>	9:15 am - 9:45 am LC LES MILLS CORE® <i>Move Studio</i>	10:05 am - 11:00 am LC Yoga <i>Lotus Studio</i>
9:15 am - 1:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	8:00 am - 8:45 am LC Leg Day <i>Move Studio</i>	8:30 am - 9:00 am LC SPRINT® <i>Ride Studio</i>	8:00 am - 8:45 am LC Strength <i>Move Studio</i>	9:00 am - 9:55 am LC BODYPUMP® <i>Move Studio</i>	9:30 am - 11:30 am LC Area Reserved <i>Gym</i>	11:00 am - 1:00 pm LC Open Gym <i>Gym</i>
9:30 am - 10:15 am LC Cycle <i>Ride Studio</i>	8:00 am - 8:45 am LC Pilates <i>Lotus Studio</i>	8:30 am - 12:00 pm LC Adult Swim <i>Indoor Lap Pool</i>	9:00 am - 9:45 am LC Strength <i>Move Studio</i>	9:00 am - 10:00 am LC OutFITT <i>Outdoors</i>	10:00 am - 11:00 am LC Zumba® <i>Move Studio</i>	11:00 am - 3:30 pm LC Open Swim <i>Indoor Lap Pool</i>
10:30 am - 11:15 am LC Balance and Stability <i>Move Studio</i>	9:00 am - 9:45 am LC Strength <i>Lotus Studio</i>	9:10 am - 9:40 am LC Core <i>Move Studio</i>	9:00 am - 9:55 am LC Stretch <i>Lotus Studio</i>	9:05 am - 10:00 am LC Yoga Flow <i>Lotus Studio</i>	10:00 am - 3:30 pm LC Open Swim <i>Indoor Lap Pool</i>	1:00 pm - 3:00 pm LC Open Pickleball <i>Gym</i>
11:00 am - 11:55 am LC Yoga Lite <i>Lotus Studio</i>	9:00 am - 12:00 pm LC Open Pickleball <i>Gym</i>	9:30 am - 10:25 am LC Pilates <i>Lotus Studio</i>	9:00 am - 10:00 am LC Pickleball Reservation <i>Gym</i>	9:15 am - 10:00 am LC Water Power <i>Indoor Lap Pool</i>	11:30 am - 2:00 pm LC Open Gym <i>Gym</i>	3:00 pm - 4:00 pm LC Area Reserved Open Gym <i>Gym</i>
12:00 pm - 1:15 pm LC Rock Steady Boxing <i>Move Studio</i>	9:00 am - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	9:45 am - 10:30 am LC Interval <i>Move Studio</i>	9:00 am - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	10:05 am - 4:00 pm LC Open Swim <i>Indoor Lap Pool</i>	2:00 pm - 4:00 pm LC Open Pickleball <i>Gym</i>	
12:05 pm - 12:50 pm LC Strength Lite <i>Lotus Studio</i>	9:15 am - 10:10 am LC Yoga <i>Lotus Studio</i>	10:00 am - 1:00 pm LC Open Pickleball <i>Gym</i>	9:30 am - 10:15 am LC Cycle <i>Ride Studio</i>	10:15 am - 11:00 am LC Yoga Stretch <i>Lotus Studio</i>		

MON MAY 18	TUE MAY 19	WED MAY 20	THU MAY 21	FRI MAY 22	SAT MAY 23	SUN MAY 24
1:00 pm - 3:00 pm Open Pickleball <i>Gym</i>	LC 10:45 am - 11:40 am Chair Yoga <i>Lotus Studio</i>	LC 10:30 am - 12:00 pm Area Reserved <i>Lotus Studio</i>	LC 10:00 am - 12:00 pm Open Pickleball <i>Gym</i>	LC 10:30 am - 11:15 am Boot Camp <i>Move Studio</i>		
1:00 pm - 4:00 pm Open Swim <i>Indoor Lap Pool</i>	LC 12:00 pm - 12:45 pm Strength <i>Move Studio</i>	LC 12:00 pm - 4:00 pm Open Swim <i>Indoor Lap Pool</i>	LC 10:30 am - 11:15 am Balance and Stability <i>Move Studio</i>	LC 10:30 am - 11:30 am Pickleball Reservation <i>Gym</i>		
2:00 pm - 5:00 pm Personal Training <i>Lift Studio</i>	LC 12:00 pm - 5:00 pm Area Reserved Open Gym <i>Gym</i>	LC 1:00 pm - 2:30 pm Rock Steady Boxing <i>Move Studio</i>	LC 10:30 am - 11:15 am Yoga Lite <i>Lotus Studio</i>	LC 11:00 am - 12:30 pm Area Reserved <i>Lotus Studio</i>		
3:00 pm - 5:00 pm Area Reserved Open Gym <i>Gym</i>	LC 1:00 pm - 2:30 pm Rock Steady Boxing <i>Move Studio</i>	LC 1:00 pm - 5:00 pm Area Reserved Open Gym <i>Gym</i>	LC 12:00 pm - 12:45 pm Strength <i>Move Studio</i>	LC 11:30 am - 2:00 pm Open Pickleball <i>Gym</i>		
4:00 pm - 7:00 pm Adult Swim <i>Indoor Lap Pool</i>	LC 2:00 pm - 6:00 pm Personal Training <i>Lift Studio</i>	LC 2:00 pm - 6:00 pm Personal Training <i>Lift Studio</i>	LC 12:00 pm - 5:00 pm Area Reserved Open Gym <i>Gym</i>	LC 12:00 pm - 1:15 pm Rock Steady Boxing <i>Move Studio</i>		
5:00 pm - 6:00 pm Pickleball Reservation <i>Gym</i>	LC 4:00 pm - 7:00 pm Adult Swim <i>Indoor Lap Pool</i>	LC 4:00 pm - 5:15 pm Rock Steady Boxing <i>Move Studio</i>	LC 1:00 pm - 2:30 pm Rock Steady Boxing <i>Move Studio</i>	LC 2:00 pm - 5:00 pm Area Reserved Open Gym <i>Gym</i>		
5:15 pm - 5:45 pm MX4 <i>Lift Studio</i>	LC 5:00 pm - 5:30 pm Core <i>Move Studio</i>	LC 4:00 pm - 7:00 pm Adult Swim <i>Indoor Lap Pool</i>	LC 2:00 pm - 5:00 pm Personal Training <i>Lift Studio</i>	LC 4:00 pm - 6:30 pm Adult Swim <i>Indoor Lap Pool</i>		
5:15 pm - 6:05 pm Step <i>Move Studio</i>	LC 5:00 pm - 6:00 pm Adult Open Gym <i>Gym</i>	LC 5:00 pm - 6:00 pm Adult Open Gym <i>Gym</i>	LC 4:00 pm - 7:00 pm Adult Swim <i>Indoor Lap Pool</i>	LC 5:00 pm - 6:00 pm Adult Open Gym <i>Gym</i>		
5:15 pm - 6:10 pm Yoga Flow <i>Lotus Studio</i>	LC 5:30 pm - 6:15 pm Barre Basics <i>Lotus Studio</i>	LC 5:25 pm - 6:20 pm BODYPUMP® <i>Move Studio</i>	LC 5:00 pm - 6:00 pm Adult Open Gym <i>Gym</i>	LC 6:00 pm - 8:00 pm Open Pickleball <i>Gym</i>		
6:00 pm - 7:00 pm Open Pickleball <i>Gym</i>	LC 5:40 pm - 6:10 pm SPRINT® <i>Ride Studio</i>	LC 6:00 pm - 8:00 pm Open Pickleball <i>Gym</i>	LC 5:15 pm - 6:00 pm Yoga <i>Lotus Studio</i>	LC 6:30 pm - 8:30 pm Open Swim <i>Indoor Lap Pool</i>		
6:15 pm - 7:10 pm BODYPUMP® <i>Move Studio</i>	LC 5:45 pm - 6:15 pm HIIT Kettlebells <i>Lift Studio</i>	LC 6:00 pm - 8:00 pm 50th Anniversary Trivia Night <i>Club Pub</i>	LC 5:15 pm - 6:10 pm BODYCOMBAT® <i>Move Studio</i>	LC 8:00 pm - 9:00 pm Open Gym <i>Gym</i>		
7:00 pm - 9:30 pm Open Swim <i>Indoor Lap Pool</i>	LC 6:00 pm - 7:00 pm Zumba® <i>Move Studio</i>	LC 6:30 pm - 7:00 pm Area Reserved <i>Move Studio</i>	LC 6:00 pm - 7:00 pm Women on Weights <i>Lift Studio</i>			
7:00 pm - 10:00 pm Open Gym <i>Gym</i>	LC 6:00 pm - 8:00 pm Open Pickleball <i>Gym</i>	LC 7:00 pm - 9:30 pm Open Swim <i>Indoor Lap Pool</i>	LC 6:00 pm - 8:00 pm Open Pickleball <i>Gym</i>			
	LC 7:00 pm - 7:45 pm Yoga <i>Lotus Studio</i>	LC 8:00 pm - 10:00 pm Open Gym <i>Gym</i>	LC 6:20 pm - 7:20 pm Zumba® <i>Move Studio</i>			
	LC 7:00 pm - 9:30 pm Open Swim <i>Indoor Lap Pool</i>		LC 7:00 pm - 9:30 pm Open Swim <i>Indoor Lap Pool</i>			
	LC 8:00 pm - 10:00 pm Open Gym <i>Gym</i>		LC 8:00 pm - 10:00 pm Open Gym <i>Gym</i>			

