



Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30 am	Circuit		Circuit		Circuit	
	<i>Fit</i>		<i>Fit</i>		<i>Fit</i>	
7:15 am	Circuit	Circuit	Circuit	Circuit	Circuit	
	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Active</i>	
8:15 am	Circuit	Circuit	Circuit	Circuit	Circuit	<b>8:00 am</b>
	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Fit</i>
9:15 am	Circuit	Circuit	Circuit	Circuit	Circuit	<b>9:00 am</b>
	<i>Move</i>	<i>Move</i>	<i>Move</i>	<i>Move</i>	<i>Move</i>	<i>Fit</i>
10:15am	Circuit	Circuit	Circuit	Circuit	Circuit	
	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Active</i>	<i>Active</i>	
11:15am	Circuit		Circuit	Tai Chi	Pickleball	
	<i>Active</i>		<i>Active</i>	Beginning	<i>Active</i>	
			<b>Afternoon</b>	<b>Sessions:</b>		
1:15 pm				Tai Chi		
				Regular		
4:30	Circuit	Circuit	Circuit	Circuit		
	<i>Fit</i>	<i>Fit</i>	<i>Fit</i>	<i>Fit</i>		
6:00 pm	Yoga					
	<i>Move</i>					