

GROUP FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00 AM BALLROOM</p> <p>HIIT</p> <p><i>LED BY CAMILA CAICEDO</i></p>	<p>10:00 AM BALLROOM</p> <p>Silver Strength</p> <p><i>LED BY JAMES DUNNINGTON</i></p>	<p>9:00 AM POOL</p> <p>Aqua Fit</p> <p><i>LED BY LAURA DEFENDINI</i></p>	<p>8:30 AM BALLROOM</p> <p>Gentle Vinyasa Yoga</p> <p><i>LED BY LAURA DEFENDINI</i></p>	<p>10:00 AM BALLROOM</p> <p>Silver Strength</p> <p><i>LED BY YLCA RAMIREZ</i></p>		<p>9:00 AM BALLROOM</p> <p>Pilates Mat</p> <p><i>LED BY REBECCA PEEBLES</i></p>
	<p>5:30 PM BALLROOM</p> <p>Bodyweight Training</p> <p><i>LED BY REBECCA PEEBLES</i></p>	<p>11:00 AM BALLROOM</p> <p>Silver Cardio</p> <p><i>LED BY YLCA RAMIREZ</i></p>	<p>11:30 AM BALLROOM</p> <p>Core Strength + Stretch</p> <p><i>LED BY DAVID ARAKELIAN</i></p>	<p>11:00 AM BALLROOM</p> <p>Dance Cardio</p> <p><i>LED BY YLCA RAMIREZ</i></p>		
	<p>6:45 PM BALLROOM</p> <p>Spin</p> <p><i>LED BY ELDRED DAVIES</i></p>	<p>5:30 PM BALLROOM</p> <p>Sculpt</p> <p><i>LED BY CAMILA CAICEDO</i></p>	<p>5:30 PM BALLROOM</p> <p>HIIT</p> <p><i>LED BY CAMILA CAICEDO</i></p>	<p>5:30 PM BALLROOM</p> <p>Sculpt</p> <p><i>LED BY LAURA DEFENDINI</i></p>		
		<p>6:30 PM POOL</p> <p>Aqua Fit</p> <p><i>LED BY LAURA DEFENDINI</i></p>		<p>6:30 PM POOL</p> <p>Aqua Fit</p> <p><i>LED BY LAURA DEFENDINI</i></p>		