WHITEHALL CLASS SCHEDULE LIVunLtd

GROUP FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM BALLROOM	10:00 AM BALLROOM	11:00 AM BALLROOM	8:30 AM BALLROOM	9:00 AM POOL		9:00 AM BALLROOM
HIIT	Silver Strength	Silver Cardio	Core Strength + Stretch	Aqua Fit		Pilates Mat
LED BY CAMILA CAICEDO	LED BY DAVID ARAKELIAN	LED BY YLCA RAMIREZ	LED BY REBECCA PEEBLES	LED BY SAMUEL SUAREZ		LED BY REBECCA PEEBLES
	5:30 PM BALLROOM	5:30 PM BALLROOM	11:30 AM BALLROOM	10:00 AM BALLROOM		10:00 AM POOL
	Bodyweight Training	Sculpt	Core Strength + Stretch	Silver Strength		Aqua Fit
	LED BY REBECCA PEEBLES	LED BY CAMILA CAICEDO	LED BY DAVID ARAKELIAN	LED BY YLCA RAMIREZ		LED BY LUIS CABALLERO
		6:30 PM POOL	6:00 PM BALLROOM	11:00 AM BALLROOM		
		Aqua Fit	HIIT	Dance Cardio		
		LED BY LAURA DEFENDINI	LED BY CAMILA CAICEDO	LED BY YLCA RAMIREZ		
				5:30 PM BALLROOM		
				Pilates Mat		
				LED BY REBECCA PEEBLES		
				6:45 PM BALLROOM		
				Studio Cycling		
				LED BY CATE IOVANI		
VunLtd	Please reserve your spot in class. For any questions or concerns email whitehallclub3333@gmail.com.					