







BLACK FRIDAY, 11/24, PBORO

STUDIO 1	STUDIO 2	STUDIO 3	CYCLE STUDIO;SIGN UP FRONT DESK	AQUA
	8:30 - 9:30  Renee	8:30 - 9:30  Amanda		*** Indicates a class in the lap pool
9:30 - 10:30  Laurie D.	9:30 - 10:30  Lisa D.	9:30 - 10:30 Pilates Val		8:15 - 9:15 Cardio Sculpt Fran***
10:35 - 11:35  Lily	10:35 - 11:20 Strength & Def Val	10:35 - 11:35 Gentle Yoga Raji		9:15 - 10:00 Aqua Tone Fran
	11:30 - 12:30 Ballroom Dance Del		12:00 - 1:00 Cycle Blair 😊	DENOTES GENTLE CLASS 😊
				5 MINUTE RULE -- PLEASE DO NOT ENTER THE STUDIO 5 MINUTES AFTER THE CLASS HAS STARTED. THIS IS FOR YOUR SAFETY. THANK YOU.
		4:30-6:45 MARTIAL ARTS		Swim Team 6pm - 8pm ***

Sign-up for the Group Fitness email and receive Group Fitness updates! Please do not enter the studio 5 minutes after class is in session.