



WELLNESS CENTER

WEEKLY ACTIVITY PLAN 2025

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING CLASSES							
7:30 A.M.	SUNRISE YOGA	PILATES MAT	YOGA	PILATES MAT	YOGA	PILATES MAT	YOGA
8:30 A.M.	CYCLING	TRX	HIIT	CROSS TRAINING	CYCLING	TRX	TRX
9:30 A.M.	GAP	FUNCTIONAL TRAINING	PILATES MAT	TRX	PILATES	HIIT	HIIT
10:30 A.M.	BOXING	SPINNING	BOXING	SPINNING	BOXING	SPINNING	BOXING
AFTERNOON CLASSES							
15:30 P.M.	YOGA	PILATES MAT	YOGA	PILATES MAT	YOGA	PILATES MAT	YOGA
16:30 P.M.	CYCLING	TRX	HIIT	CROSS TRAINING	CYCLING	TRX	TRX
17:30 P.M.	SUNSET YOGA						

ALL *FITNESS*