



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