

Room Guide:

(G) Full Gym - (W) West Gym - (E) East Gym
 (H) Hume Studio - (A) Active Living Studio2
 (P) Pool - (F) Functional Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength (W) 8:30-9:30am	Synergy (F) 8:15-9am	Cycle (H) 7:15-8am	Vinyasa Yoga (A) 7-8am	Power Yog (A) 6:30-7:30am	Power Yoga (A) 7:30-8:30am	Barre (W) 8:15-9am
Aquafit (P) 9:30-10:15am	Cycle (H) 9:15-10:15am	Gentle Tone (G) 9-10am	Gentle Tone (W) 11am-12pm	Cycle (H) 7:15-8am	Step (W) 8:15-9:15am	Cycle (H) 9-9:45am
Hatha Yog (A) 11-12:15pm	Sweat and Sculpt (W) 10:45-11:45am	Aquafit (P) 10:15-11am	Hatha Yoga (A) 11-12:15pm	Synergy (F) 8:30-9:15am	Cycle (H) 9:30-10:30am	Mossa Group Power (G) 9:30-10:30am
Gentle Tone (W) 11:15-12:15pm	Hatha Yoga (A) 11-12pm	Group Power (W) 12:15-1pm	Strength (W) 12:15-1pm	Gentle Tone (G) 10:30-11:45am	Strength (W) 9:30-10:15am	Flow Yoga (A) 10-11am
Mossa Group Power (W) 12:30-1:30pm	Mossa Group Power (W) 12-1pm	Y Bosu (W) 1:15-2pm	Vinyasa Yoga (A) 1:30-2:30pm	Flow Yoga (A) 11:30-12:30pm	Vinyasa Yoga (A) 10-11am	Zumba (W) 10:45-11:30am
MISINGI (A) 12:30-1:15pm	Hatha Yoga (A) 2:30-3:30pm	Cycle (H) 5-5:45pm	Synergy (F) 2-2:45pm	Aquafit (P) 12-12:45pm	Persian Dance (W) 10:45-11:30am	Vinyasa Yoga (A) 11:15-12:15pm
Hip Hop (W) 4:45-5:45pm	Synergy (F) 12:15-1pm	Hatha Yoga(A) 5:15-6:15pm	Barre (W) 4:15-5:15pm	Cycle (H) 12:15-1:15pm	Hip Hop (A) 5-6pm	Hatha Yoga (A) 7-8pm
Power Yoga (A) 5-6pm	Cardio Dance (E) 4:30-5:15pm	Strength (G) 5:30-6:30pm	Pilates (A) 5:15-6pm	Hatha Yoga (A) 1:30-2:30pm		
Vinyasa Yoga (A) 6:15-7:15pm	Vinyasa Flow Yoga (A) 4:45-5:45pm	Synergy (F) 5:45-6:30pm	Synergy (F) 5:15-6pm	Advanced Step(W) 4:30-5:30pm		
Step and Strength (G) 6-7pm	Synergy (F) 5:15-6pm	Cycle (H) 6-6:50pm	Advanced Step (W) 5:30-6:30pm	Hatha Yoga (A) 5-6pm		
Cycle (H) 6-7pm	Step and Strength (G) 5:30-6:30pm	Vinyasa Yoga (A) 6:45-7:45pm	Cardio Dance (E) 5:30-6:15pm	Strength (W) 5:45-6:45pm		
Cycle (H) 7:15-8pm	Cycle (H) 6-7pm	Advanced Step (w) 6:45-7:45pm	Cycle (H) 6-6:45pm	Power Yoga (A) 6:15-7:15pm		
Zumba (W) 7:15-8pm	Vinyasa yoga (A) 6:15-7:15pm	Zumba Lift (E) 6:45-7:45pm	Synergy (F) 6:15-7pm	Ashtanga Vinyasa Yoga (A) 7:30-8:30pm		
Synergy (F) 7:15-8pm	Persian Dance (A) 7:30-8:30pm	Synergy (F) 7:30-8:15pm	Vinyasa Yoga (A) 6:15-7:15pm			
Yin & Meditation Yoga (A) 7:30-8:30pm			Mossa Group Power (G) 6:45-7:45pm			
			Brazilian Partner Dance (A) 7:30-8:30pm			

Class	Description
Pilates	This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body.
Power Yoga	A more intense style similar to Ashtanga and some Vinyasa focusing on strength and relaxation.
Hatha Yoga	This class is an introduction to basic breathing techniques, posture, and relaxation exercises.
Flow Yoga	It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way.
Synergy	This is an intermediate to intense level class, designed for participants with prior fitness experience. Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger.
Step and Strength	An easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment.
Strength	Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished.
Step	Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels
Mossa Group Power	Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger to the beat of the music.
Gentle Tone	A low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work.
Zumba	Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms.
Cardio Dance	A Fun Cardio workout class while dancing to Pop Music.
Persian Dance	Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you!
Hip hop	A fun, high-energy class that gets you moving to the beat! Learn fresh choreography, improve coordination, and build confidence, all while having a great time.
Barre	A fun, full-body workout combining ballet, Pilates, and strength training. Improve posture, flexibility, and core strength with low-impact movements set to energizing music. Perfect for all levels—no dance experience needed.
Cycle	Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied.
Aquafit	A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work your muscles.
Brazilian Partner Dance	Our Brazilian Zouk and Forró classes welcome all levels. Learn smooth, expressive partner dancing in Zouk and enjoy the fun, rhythmic energy of Forró in a friendly social atmosphere.
MISINGI	A culturally rooted movement practice for all levels that builds strength, mobility, and athleticism through tempo-driven functional training while supporting joyful, pain-free movement and longevity.

