

EFFECTIVE: **JULY 8th 2017**

WAVERLEY OAKS ATHLETIC CLUB

Group Fitness **SUMMER** Schedule



WAVERLEY OAKS
ATHLETIC CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	CYCLE JOANIE	LES MILLS BODYPUMP AMY	CYCLE JOANIE	LES MILLS BODYPUMP SHANNON		7:30 a.m. (90min) Kundalini Yoga GURUATMA	8:30 a.m. SUNRISE YOGA (Vinyasa) JACALYNN
8:30 a.m.	TABATA CARA	PILATES MAT SANDRA	LES MILLS BODYPUMP DORY	CYCLE LERA	FIT FOR ALL TERI	8:15 a.m. LES MILLS BODYCOMBAT JESS	9:00 a.m. LES MILLS BODYPUMP JESS
9:30 a.m.	LES MILLS BODYPUMP JULIE	CARDIO MUSCLE TERI	 ZUMBA DEB	LES MILLS BODYCOMBAT JESS	TABATA DIMITRA	8:30 a.m. CYCLE SHEILA/ MELISSA	9:30 a.m. CYCLE SHEILA/ MELISSA
9:30 a.m.		CYCLE LERA		PILATES MAT SANDRA	VINYASA YOGA ANGELA	9:15 a.m. BODY SCULPT PIA	10:00 a.m. LES MILLS BODYCOMBAT DEB S.
10:30 a.m.	BODY CONDITIONING (ME) KIM C.	BARRE BASICS (ME) KIM C.	BODY CONDITIONING (ME) TERI	GENTLE YOGA (ME) DEB D	 ZUMBA gold (ME) KIM C. express	10:30 a.m. PILATES MAT PIA	10:30 a.m. VINYASA POWER YOGA EMILY
11:00 a.m.					BODY CONDITIONING (ME) KIM C. express	10:30 a.m.  ZUMBA DEB	11:00 a.m.  ZUMBA LEO
12:00 p.m.		CYCLE express NANCY		TABATA express NANCY			
12:45 p.m.		TABATA express NANCY		CYCLE express NANCY			
4:30 p.m.		BALLETfit ELLEN					
5:00 p.m.	BARRE SUE		PILATES MAT SUE				
5:30 p.m.	CYCLE KEN	BODY SCULPT TERI		LES MILLS BODYPUMP JULIE			
5:30 p.m.	 STRONG LEO		 STRONG LEO	VINYASA FLOW YOGA TALENE			
6:00 p.m.		VINYASA POWER YOGA TALENE	CYCLE SHEILA/ MELISSA				
6:00 p.m.	PILATES MAT SUE		BARRE SUE				
6:30 p.m.		 ZUMBA BEN		LES MILLS BODYCOMBAT DEB S.			
6:30 p.m.	LES MILLS BODYPUMP MICHELLE	CYCLE JOANIE	LES MILLS BODYPUMP LINDSAY	CYCLE KEN			
7:30 p.m.	GENTLE YOGA JACQUI		VINYASA FLOW YOGA ANGELA	GENTLE YOGA DEB D.			
7:30 p.m.	 ZUMBA MARINA			 ZUMBA MARINA			

Club Hours

Monday - Thursday 5:15am - 10pm

Friday 5:15am - 9pm

Saturday & Sunday 7am - 8pm

Play Care

Monday - Thursday

8:30am - 1:30pm &

4:00pm - 7:30pm

Fridays 8:30am - 1:30pm

Saturdays 8:00am - 1:00pm

Sundays 8:30 - 12:30pm

space is limited,

STUDIO 1	Cardio & Strength
STUDIO 2	Yoga , Pilates, Balle, Barre
STUDIO 4	CYCLE

For holiday and weather changes check the website:

www.waverleyoaks.com

