



WELLNESS CENTER

WEEKLY ACTIVITY PLAN

MON	TUE	WED	THU	FRI	SAT	SUN
YOGA 7:30 A.M.	CYCLING 7:30 A.M.	PILATES 7:30 A.M.	YOGA 7:30 A.M.	CYCLING 7:30 A.M.	CROSS T 7:30 A.M.	FIT BODY 7:30 A.M.
CYCLING 9:00 A.M.	CROSS T 9:00 A.M.	CYCLING 9:00 A.M.	CYCLING 9:00 A.M.	PILATES 9:00 A.M.	QUICK R 9:00 A.M.	QUICK R 9:00 A.M.
REBOUNding JUMP 10:00 A.M.						
PILATES 11:00 A.M.	YOGA 11:00 A.M.	FIT BODY 11:00 A.M.	CROSS T 11:00 A.M.	HIIT 11:00 A.M.		

ALL FITNESS