

















MAC Group Fitness Class Schedule

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00Am		Bodypump Express		Bodypump Express				
	8:30AM						8:15AM		
	9:30AM						9:30AM		
							10:30AM	ZumbaÂ®	
	5:00PM	ABS & GLUTES				ABS & GLUTES	11.30AM		
	5:30PM			Step Aerobics		Body Challenge	1.00PM		
	6:45PM		ZumbaÂ®		ZumbaÂ®		3.00PM		

Mind and Body Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9:30AM		Yoga 1				9:00AM	Yoga 1	
	5:30PM	FITNESS 101	YOGA 2&3	FITNESS 101	Yoga 1		10:00AM	YOGA 2&3	
	6:30PM						12:30AM		

Cycling Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00AM	CYCLING EXPRESS					8:15AM	Cycling 60 min	
	8:00AM				Cycling 60 min		9:30AM		
	5:30PM								
	6.30PM	INTERVAL CYCLING	Cycling 60 min						

Indoor Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9.00AM	Aqua		Aqua		Aqua	9.00AM	Aqua	
	6.30PM	Aqua		Aqua			6.00PM		

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LES MILLS

BODY FLOW

BODY COMBAT

BODY PUMP

rpm