

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM	Fitness	Beginner	Beginner	Beginner	Fitness	Children
1:00 PM		Beginner	Beginner	Beginner		Children
2:00 PM						
3:00 PM						Mixed
4:00 PM						Mixed
5:00 PM					Beginner	
6:00 PM					Beginner	
7:00 PM	Beginner			Advanced		
8:00 PM	Beginner	Advanced	Advanced	Advanced		
9:00 PM		Advanced	Advanced			
10:00 PM						