

DOWNTOWN CLASS SCHEDULE



	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM		SPIN SYDNEY 7 AM		SPIN SYDNEY 7 AM			
9:00 AM	HATHA YOGA PADMA 9 AM		FOUNDATIONAL YOGA PADMA 9 AM		HATHA YOGA PADMA 9 AM		
9:30 AM		TAI CHI MICHELLE 9:30 AM		TAI CHI MICHELLE 9:30 AM		ZUMBA SHAWNA 9:30 AM	
10:00 AM			PILATES INGRID 10:15 AM				
10:30 AM		ZUMBA JOANNA 10:30 AM		ZUMBA RENEE 10:30 AM		TOADAL ENERGY BARRE INGRID 10:30 AM	
1:45 PM		SILVER SNEAKERS LORA 1:45 PM		SILVER SNEAKERS LORA 1:45 PM			
5:00 PM	GENTLE YOGA LAXMAN 5:15 PM	STRENGTH & STRETCH JOHANN 5 PM	YIN YOGA LAXMAN 5:15 PM	STRENGTH & STRETCH JOHANN 5 PM			
6:00 PM	WORLDANZ LISA 6:30 PM		WORLDANZ DAX 6:30 PM				
TOADAL FITNESS DOWNTOWN HOURS							UPDATED 4/3/2024
	MON - THURS	6 AM - 9 PM					
	FRIDAY	6 AM - 7PM					
	SAT - SUN	8 AM - 6 PM					