



WARWICK GX



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 6:50AM CARDIO SCULPT Kerry				6:00AM - 6:50AM ALIGN & DEFINE Lea	8:30AM - 9:20AM ZUMBA FITNESS Silvy	8:30AM - 9:20AM STUDIO CYCLE Jennie
9:00AM - 9:50AM PURE STRENGTH Krissy	9:00AM - 9:50AM STUDIO CYCLE Hunter	9:00AM - 9:50AM CARDIO SCULPT Lorraine	9:00AM - 9:50AM ZUMBA FITNESS Lorraine	9:00AM - 9:50AM FAB 4 Lorraine	9:30AM - 10:20AM PURE STRENGTH Lea	9:30AM - 10:20AM CARDIO SCULPT Hunter
	10:00AM - 10:50AM BARRE/BALL PILATES Lorraine		10:00AM - 10:50AM VINYASA YOGA Lorraine	10:00AM - 10:50AM KICK 'N' SCULPT Melissa	10:30AM - 11:20AM STUDIO CYCLE Lea	10:30AM - 11:20AM VINYASA YOGA Lorraine
		4:30PM - 5:20PM CROSS CYCLE Jennie	4:30PM - 5:20PM KICK & TONE Jennie		ZUMBA	
5:30PM - 6:20PM CYCLE & WEIGHTS Melissa	5:30PM - 6:20PM H.I.T.T Patty	5:30PM - 6:20PM BARRE Sarah	5:30PM - 6:20PM PURE STRENGTH Jennie		BABYSITTING HOURS MONDAY - FRIDAY 8:30AM-12:00PM / 4:30PM-8:30PM SATURDAY & SUNDAY 8:30AM-12:00PM	
6:30PM - 7:20PM U-JAM Courtney	6:30PM - 7:20PM ZUMBA FITNESS Yandra	6:30PM - 7:20PM VINYASA YOGA Sarah				
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Please Note: All classes are FREE to Platinum Members

The warm-up is essential to prevent injury. Schedules and Instructors are subject to change at anytime.