**Updated on September 23, 2024**

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00AM-6:45AMSUNRISE FITSTERLING (gym) |  | 6:00AM-6:45AMSUNRISE FITSTERLING (gym) |  | 6:00AM-6:45AMSUNRISE FITSTERLING (gym) |  |  |
| 7:00AM-8:00AMSUNRISE YOGACHI (activity) |  | 7:00AM-8:00AMSUNRISE YOGACHI (activity) |  | 7:00AM-8:00AM SUNRISE YOGACHI (activity) | 8:15AM-8:55AMTRAP SPINLAWANNA (activity) |  |
|  |  |  |  |  |    |  |
| 9:00AM-9:55AMHIITSTERLING (gym) | 9:30AM-10:00AMBEGINNER TAI CHISHIRLY (activity) | 9:15AM-9:55AMTRAP SPINLAWANNA (activity) | 9:30AM-10:00AMBEGINNER TAI CHISHIRLY (activity) | 9:00AM-9:55AMHIITSTERLING (gym) | 9:15AM-9:55AMMOBILITY AND FLEXIBILITY EARNEST (gym) |  |
| 10:00AM-10:45AMSENIOR DANCE FITALJAY (gym) | 10:00AM-11:00AMADVANCED TAI CHISHIRLEY (activity) | 10:00AM-10:45AMSENIOR DANCE FITALJAY (gym) | 10:00AM-11:00AMADVANCED TAI CHISHIRLEY (activity)  |  |  |  |
| 11:00AM-11:55AMSENIOR WEIGHTSLINDA (gym) | 11:00AM-11:55AMFITNESS MASH-UPJOAN (activity) | 11:00AM-11:55AMSENIOR WEIGHTSLINDA (gym) | 11:00AM-11:55AMFTNESS MASH-UPJOAN (activity) | 11:00AM-11:55AMSENIOR WEIGHTSLINDA (gym) |  |  |
|  |  |  |  |  |  | 2:00PM-3:00PMRHYTHYM AND FLOW YOGA COFFEY (activity) |
| 5:00PM-5:45PM SPINAljay (gym) | 5:15PM-6:00PM TOTAL BODYFIT STERLING (gym) | 5:00PM-6:00PM BOOTCAMP STERLING (gym) | 5:15PM-6:00PM TOTAL BODYFITSTERLING (gym) |  |  |  |
| 5:00PM-5:55 PMBEGINNER YOGALINDA (activity) | 6:00-6:45 PMPILATESERNEST (activity) | 5:00PM-5:55 PMBEGINNER YOGALINDA (activity) | 6:00-6:45 PMPILATESERNEST (activity) | 5:00PM-5:55 PMBEGINNER YOGALINDA (activity) |  |  |
| 6:05PM-7 PMBEGINNER YOGALINDA (activity) |  | 6:05PM-7 PMBEGINNER YOGALINDA (activity) |  | 6:05PM-7 PMBEGINNER YOGALINDA (activity) |  |  |
|  |  | 6:00PM-6:45PMZUMBA/HIPHOP MIXLAWANNA (gym) |    |  |  |  |

*CLASSES TAKE PRECEDENCE OVER OTHER ACTIVITES*