

HLS Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30									
6:45									
7:00									
7:15									
7:30									
7:45									
8:00									
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9:00									
9:15									
9:30									
9:45						Tanya Levesque			
10:00	Seniors	Seniors	Seniors	Seniors	Seniors	Zumba			
10:15	Better Bones	Gentle Yoga	Better Bones	Gentle Yoga	Zumba Gold	9:30-10:30am			
10:30	11:00-12:00pm	10:00-11:00am	11:00-12:00pm	10:00-11:00am	11:00-12:00pm				
10:45									
11:00									
11:15									
11:30									
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1:00									
1:15									
1:30	Wendy 50+		Wendy 50+		Wendy 50+				
1:45	Aerobics		Aerobics		Aerobics				
2:00	1:15-2:15pm		1:15-2:15pm		1:15-2:15pm				
2:15									
2:30									
2:45									
3:00									
3:15									
3:30									
3:45									
4:00									
4:15									
4:30	Monique Phinney								
4:45	Zumbatomic								
5:00	4:30-5:30pm								
5:15									
5:30									
5:45									
6:00	Monique Phinney	Monique Phinney		Monique Phinney			Jackie Rousselle		
6:15	Zumba	Body Pump		Zumba			Zumba		
6:30	6:00-7:00pm	6:00-7:00pm		6:00-7:00pm			6:00-7:00pm		
6:45									
7:00									
7:15									
7:30	Monique Phinney	Monique Phinney	Qigong	Monique Phinney	Charlies Angles				
7:45	Yoga/Pilates	Zumba	Michelle	Yoga/Pilates		Round Dance			
8:00	7:15-8:15pm	7:05-8:05pm	Porier	7:05-8:05pm			7:00-9:00pm		
8:15			7:00-9:00pm						
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