

**HORARIO DE CLASES DE EJERCICIOS Y DE BICICLETA BAJO TECHO EN ROUND VALLEY**

HORA	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
6:00-7:00 am	<a href="#">Indoor Cycling</a>	Group Power (5:50 am)	<a href="#">Indoor Cycling</a>	Yoga	Group Power (5:50 am)		
8:00-9:00 am				<b>!NUEVO!</b>	<a href="#">Indoor Cycling (5:45-6:45)</a>	<a href="#">Indoor Cycling (8:15-9:15)</a>	
8:30-9:30 am						Group Groove	<a href="#">Indoor Cycling</a>
9:15-10:15 am	Group Step		Pilates	Group Power		Step it Up (8:30-9:30)	Group Step (8:30-9:30)
9:15-10:15 am	<a href="#">Indoor Cycling</a>		<a href="#">Indoor Cycling</a>			Butts & Gut (9:30-10:00)	
9:30-10:30 am	Boot Camp	Group Kick		<a href="#">Indoor Cycling (10:15-11:15)</a>	Body Shock	Group Power	Group Power
10:30-11:30 am	Pilates	Group Power	Group Power	Pilates	Pilates	Group Kick	
4:15 - 5:15 pm				Group Power			
5:30-6:15 pm	Advance Step		Step it Up	Yoga (5:30-6:30)			
5:30-6:30 pm		Yoga	Group Groove	Group Groove	Group Power		
6:00-7:00 pm	<a href="#">Indoor Cycling</a>						
6:30-6:45 pm	Butts&Guts(6:15-6:45)	Ab Attack	Ab Attack(6:15-6:30)	Ab Attack			
6:30-7:30 pm	Group Power	Group Groove	Group Power				
6:45-7:45 pm	Pilates (6:45-7:30)	Group Kick	Zumba (6:30-7:30)	Group Kick			
7:30-8:30 pm			<a href="#">Indoor Cycling</a>				

Vea las páginas siguientes para mayor información sobre las clases para jóvenes.

**HORARIO DE CLASES DE EJERCICIOS Y DE BICICLETA BAJO TECHO EN DEER PATH**

HORA	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
6:00-7:00 am	Group Power	<a href="#">Indoor Cycling</a>	Group Power	<a href="#">Indoor Cycling</a>	<a href="#">Indoor Cycling</a>	<a href="#">Indoor Cycling(7:00-8:00)</a>	
8:00-9:00 am	Pilates Fusion	Group Step(8:30-9:30)	Low Impact		Low Impact	Group Power	<a href="#">Indoor Cycling(8:30-9:30)</a>
9:15-10:15 am	Group Kick		Group Step	Set it Up	Pilates Fusion	Yoga	Group Kick (8:30-9:30)
9:15-10:15 am	<a href="#">Indoor Cycling</a>	Step It Up (9:30-10:30)	Boot Camp	Group Groove	Group Power		
9:30-10:30 am		<a href="#">Indoor Cycling</a>				Gentle Yoga (10:45-11:45)	
10:15-11:15 am	Butts & Guts		Ab Attack	Group Power	<a href="#">Indoor Cycling(10:30-11:30)</a>		
10:15-11:15 am	Group Power	GroupPower(10:30-11:30)		Pilates Fusion	Group Step		
11:00-12:00 pm	Pilates		Women's Living Well	Group Step (11:30-12:30)			
11:30-12:30 pm	Senior Shape Up	Senior Shape Up (11:15 am)		Senior Shape Up			
12:00-1:00 pm	<a href="#">Indoor Cycling</a>	Group Step	Group Power		Women's Living Well		
12:15-1:00 pm		Yoga (12:00-1:00)	Silver Sneakers		Silver Sneakers		
12:30-1:30 pm				Women's Living Well	Group Power (1:00-2:00)		
1:30-2:30 pm	Women's Living Well	Women's Living Well	<a href="#">Indoor Cycling (1-2 pm)</a>	Yoga			
4:00-5:00 pm	Group Power		Group Power				
5:00-6:00 pm	Group Groove	Zumba	Group Kick	Zumba			
6:00-7:00 pm	Group Kick	Group Power	Kickboxing	Group Kick <b>!Nuevo!</b>			
6:00-7:00 pm	<a href="#">Indoor Cycling</a>	Group Groove		Yoga <b>!Nuevo!</b>	Family Group Groove		
7:00-8:00 pm	Group Power	Pilates	Group Groove	Group Power			
7:00-8:00 pm	Yoga (7:00-8:30)	<a href="#">Indoor Cycling</a>		<a href="#">Indoor Cycling</a>			
7:15-8:15 pm			Women's Living Well				

Los horarios cambian frecuentemente. Por favor consulte los horarios actualizados en ambas locaciones en recepción o en nuestra página de internet.

