

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 | Indoor Cycling | Group Power (5:50 am) | Indoor Cycling | Yoga | Group Power (5:50 am) | | |
| 8:00-9:00 am | | | | | Indoor Cycling (5:45-6:45) | Indoor Cycling (8:15-9:15) | |
| 8:30-9:30 am | | | | | | Group Groove | Indoor Cycling |
| 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 | Indoor Cycling | | Indoor Cycling | | | Butts & Gut (9:30-10:00) | |
| 9:30-10:30 am | Boot Camp | Group Kick | | Indoor Cycling (10:15-11:15) | 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 | Indoor Cycling | | | | | | |
| 6:30-6:45 pm | Butts&Guts(6:15-6:45) | Ab Attack | Ab Attack(6:15-6:30) | Ab Attack | | Vea las páginas siguientes para mayor información sobre las clases para jóvenes. | |
| 6:30-7:30 pm | Group Power | Group Groove | Group Power | Indoor Cycling | | | |
| 6:45-7:45 pm | Pilates (6:45-7:30) | Group Kick | | Group Kick | | | |
| 7:30-8:30 pm | | | Indoor Cycling | | | | |

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 | Indoor Cycling | Group Power | Indoor Cycling | Indoor Cycling | Indoor Cycling(7:00-8:00) | |
| 8:00-9:00 am | Pilates Fusion | Group Step(8:30-9:30) | Low Impact | | Low Impact | Group Power | Indoor Cycling(8:30-9:30) |
| 9:15-10:15 am | Group Kick | | Group Step | Set it Up | Pilates Fusion | Yoga | Family Kick (8:30-9:30) |
| 9:15-10:15 am | Indoor Cycling | Step It Up (9:30-10:30) | Boot Camp | Group Groove | Group Power | | |
| 9:30-10:30 am | | Indoor Cycling | | | | Gentle Yoga (10:45-11:45) | |
| 10:15-11:15 am | Butts & Guts | | Ab Attack | Group Power | Indoor Cycling(10:30-11:30) | | |
| 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) | Group Kick (11:15-12:15) | | |
| 11:30-12:30 pm | Senior Shape Up | Senior Shape Up (11:15 am) | | Senior Shape Up | | | |
| 12:00-1:00 pm | Indoor Cycling | Group Step | Group Power | | Women's Living Well | | |
| 12:15-1:00 pm | | Yoga (12:00-1:00) | 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 | Indoor Cycling (1-2 pm) | Yoga | | | |
| 4:00-5:00 pm | Group Power | | Group Power | | | Los horarios cambian frecuentemente. Por favor consulte los horarios actualizados en ambas locaciones en recepción o en nuestra página de internet. | |
| 5:00-6:00 pm | Group Groove | Zumba | Group Kick | Zumba | | | |
| 6:00-7:00 pm | Group Kick | Group Power | Kickboxing | Group Kick | | | |
| 6:00-7:00 pm | Indoor Cycling | Group Groove | | | 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) | Indoor Cycling | | Indoor Cycling | | | |
| 7:15-8:15 pm | | | Women's Living Well | | | | |