

# CLLC Fitness Schedule Aug 5-Aug 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Deep Aquafit 8:30am-9:30am		Deep Aquafit 8:30am-9:30am		
	LIIT 9:30am-10:30am	Fusion 9:45am-10:45am	Cardio Sculpt 9:30am-10:30am	Total Body Fit 10:00am-11:00am	Pilates 9:00am-9:45am	
	Core and Stretch 10:45am-11:30am		Body in Balance 10:45am-11:45am			
		Strength and Balance 11:00am-12:00pm	Gentle Shallow Aquafit 11:30am-12:15pm	Hatha Yoga 11:15am- 12:15pm		
			Deep Aquafit 1:00pm-2:00pm			
	Glutes and Abs 4:15pm-5:15pm					No classes on July 1 and August 5, 2024
	Hatha Yoga 5:30pm-6:30pm	Gentle Hatha Yoga 6:00pm-7:00pm	Bootcamp 6:00pm-7:00pm			

Childminding is available for ages 18 months to 10 years.  
 Wednesdays 5:30pm - 7:30pm  
 Fridays 9:00am-11:30am  
 Saturdays 9:00am - 11:30am

This schedule is subject to change.

For the most up to date schedule information follow us on  
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