

CLLC Fitness Schedule September 2-December 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Deep Aquafit 8:30am-9:30am	Deep Aquafit 8:30am-9:30am		Deep Aquafit 8:30am-9:30am		
Fusion 9:45am-10:45am	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	
Strength and Balance 11:00am-12:00pm	Core and Stretch 10:45am-11:30am	Strength and Balance 11:00am-12:00pm	Body in Balance 10:45am-11:45am	Hatha Yoga 11:15am-12:15pm		
			Gentle Shallow Aquafit 11:30pm-12:15pm			
	Glutes and Abs 4:15pm-5:15pm		Deep Aquafit 1:00pm-2:00pm		No classes on holidays: September 2 and 30, October 14 and November 11. Pro D days: September 27, October 18 and 25, November 1 and 8.	
	Hatha Yoga 5:30pm-6:30pm	Gentle Hatha Yoga 6:00pm-7:00pm	Mobility 101 5:00pm-6:00pm			
Zumba 6:30pm-7:30pm			Mobility 201 6:15pm-7:15pm			

Childminding is available for ages 3 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 Facebook and Instagram

