

CLLC Fitness Schedule December 30 - January 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Deep Aquafit 8:30am-9:30am		
Fusion 9:45am-10:45am	LIIT 9:30am-10:30am		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			Hatha Yoga 11:15am-12:15pm		
	Gentle Shallow Aquafit 11:30pm-12:15pm		Gentle Shallow Aquafit 11:30pm-12:15pm			
	Deep Aquafit 1:00pm-2:00pm		Deep Aquafit 1:00pm-2:00pm		There are no classes running on December 25, 26 and January 1, 2025. We wish you all a safe holiday season!	
			Mobility 101 5:00pm-6:00pm			
Zumba 6:30pm-7:30pm						

Childminding is available for ages 3 months to 10 years.
 Friday December 27th 9am-11:30am
 Saturday, December 28th 9am-11:30am
 Friday, January 3rd 9am-11:30am
 Saturday, January 4th 9am-11:30am

This schedule is subject to change.
 For the most up to date schedule information follow us on Facebook and Instagram

