



Schedules online www.ddaonline.com

Thank you, Instructors!

High Energy	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:50 AM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYSTEP	Sleep	Sleep
	8:00 AM			LES MILLS BODYPUMP		LES MILLS BODYVIVE	LES MILLS BODYPUMP	LES MILLS BODYSTEP
	9:15 AM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYJAM	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYJAM	LES MILLS BODYVIVE
	10:30 AM	Body Step Light	LES MILLS BODYVIVE	LES MILLS BODYFLOW	Body Step Light			
	11:45AM		Silver Sneakers		Silver Sneakers			
	Noon	LES MILLS BODYPUMP		CircuitFIT		LES MILLS BODYPUMP		
	4:30 PM	LES MILLS BODYSTEP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	CircuitFIT			
	5:30 PM					LES MILLS BODYPUMP		
	5:45 PM	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYFLOW			

Mind Body	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00 AM						LES MILLS BODYFLOW	
	9:15 AM			*Gentle Yoga	LES MILLS BODYFLOW	*Gentle Yoga	\$99 A MONTH UNLIMITED PILATES 	
	10:30 AM	Silver Sneakers Yoga		Silver Sneakers Cardio				
5:30PM	*Power Yoga							

Cycle	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:50 AM	LES MILLS RPM	Cycle Therapy **5:30am**	Cycle Therapy		Cycle Therapy		
	9:15 AM						LES MILLS RPM	
	9:30 AM	Cycle Therapy	LES MILLS RPM	Cycle Therapy		Cycle Therapy		
4:30 PM		Cycle Therapy			Cycle Therapy			

Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM			Running Club			\$79 PER MONTH UNLIMITED GROUP LESSONS SWIM SCHOOL	
	9:00 AM	Waves in Motion		Waves in Motion		Waves in Motion		
10:00 AM	Silver Waves		Silver Waves		Silver Waves			

Adult Bootcamp	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00am	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
	10:00am	Bootcamp		Bootcamp		Bootcamp	\$99 A MONTH UNLIMITED PERFORMANCE BOOTCAMP	
	11:00am		Bootcamp		Bootcamp			
	4:30pm	Bootcamp		Bootcamp		Bootcamp		
5:30pm	Bootcamp		Bootcamp		Bootcamp			

Bootcamp is a Paid Membership Program Unlimited Workouts Starting at \$99/Month	Adult Bootcamp Small Group Workouts 8-10 People	Sessions held in Parisi or Mind Body Studio
---	---	--

Please notify your instructor prior to participation if you have health concerns.	GroupX Director 851-7171 x 266 groupx@ddaonline.com	Schedule subject to change *Please bring a mat
--	--	---

Effective February 26th, 2010

