BROOKFIELD GROUP EXERCISE CLASS SCHEDULE

MONDAY

6:00AM	SPIN	45 MIN
8:15AM	BTS	45 MN
8:45AM	BODYPUMP	60 MIN
9:15AM	CARDIO BLAST	30 MIN
9:45AM	KICKBOXING	60 MIN
10:15AM	NEW ENERGY STRENGTH	60MIN
12:00PM	PURE STRENGTH	45 MIN
4:45PM	BODYSTEP EXPRESS	30 MIN
5:30PM	SPIN	60 MIN
5:30PM	BODY PUMP	60 MIN
5:30PM	PILATES MAT I	45 MIN

TUESDAY

5:45AM	BOOT CAMP	60 MIN
8:15AM	GENTLE YOGA	60 MIN
8:30AM	BODYSTEP	60 MIN
8:30AM	SPIN	60 MIN
9:00AM	VINYASA YOGA LEVEL 2	60 MIN
9:30AM	PILATES MAT I	60 MIN
9:30AM	BODYATTACK	60 MIN
10:15AM	BEGINNER/LEVEL 1 YOGA	45 MIN
11:00AM	LIFE FIT	45 MIN
12:00PM	BUTTS & GUTS	30 MIN
4:30PM	FIT KIDS	30 MIN
5:15PM	BURN & FIRM	60 MIN
5:30PM	TOTAL STRETCH	30 MIN
6:15PM	AQUA ZUMBA	45 MIN

WEDNESDAY

5:45AM	VINYASA YOGA	60 MIN
7:30AM	CARDIO BLAST	30 MIN
8:15AM	BTS	45 MIN
9:15AM	CARDIO INTERVAL	60 MIN
9:15AM	VINYASA YOGA	60 MIN
9:30AM	BODYPUMP	60 MIN
10:30AM	PILATES FUSION	45 MIN
12:00PM	BODYPUMP	60 MIN
4:45PM	BUTTS & GUTS	30 MIN
5:15PM	ZUMBA	60 MIN
5:30PM	SPIN	60 MIN
5:30PM	BODYPUMP	60 MIN
5:30PM	VINYASA YOGA	60 MIN

THURSDAY

5:45AM	BOOT CAMP	60 MIN
7:45AM	PILATES MAT II	60 MIN
8:15AM	CORE STRONG	45 MIN
9:00AM	VINYASA YOGA	60 MIN
9:00AM	STRENGTH CIRCUIT	45 MIN
9:15AM	BODYSTEP	60 MIN
10:00AM	AQUA TABATA	45 MIN
10:15AM	BEGINNER YOGA	60 MIN
10:15AM	SPIN + HIIT	30 MIN
10:30AM	BALANCE & RESTORE	60 MIN
4:15PM	BODYATTACK	45 MIN
5:15PM	BODYPUMP	60 MIN
5:30PM	HOT POWER YOGA	60 MIN

FRIDAY

5:45AM	SPIN	45 MIN
5:45AM	VINYASA YOGA	60 MIN
8:15AM	SPIN	45 MIN
8:15AM	BODYSTEP	60 MIN
8:45AM	BURN & FIRM	60 MIN
9:15AM	BODYPUMP	45 MIN
9:30AM	IN BALANCE	45 MIN
10:15AM	HIIT	30 MIN
11:00AM	NEW ENERGY STRENGTH	45 MIN
11:15AM	CORE STRONG	45 MIN

SATURDAY

8:00AM	BODYPUMP	60 MIN
8:00AM	VINYASA YOGA	60 MIN
8:15AM	SPIN	60 MIN
9:00AM	BODYATTACK	60 MIN
8:45AM	AQUA ZUMBA	45 MIN
9:15AM	TOTAL STRETCH	30 MIN
9:45AM	CORE & MORE	30 MIN

SUNDAY

8:30AM	SPIN	45 MIN
8:30AM	BODYPUMP	60 MIN

PLEASE MAKE YOUR CLASS RESERVATION IN THE MEMBER APP

SCHEDULE IS SUBJECT TO CHANGE, PLEASE CHECK THE MEMBER APP FOR THE MOST UP-TO-DATE INFORMATION.

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