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<td>11</td>
<td><em>Stretching</em></td>
<td>6:00am - 8:45pm</td>
<td><em>Iyengar Yoga</em></td>
<td>6:00am - 3:30pm</td>
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<td><em>Iyengar Yoga</em></td>
<td>4:45pm - 6:00pm</td>
<td><em>Isadora Duncan Modern Dance</em></td>
<td>3:30pm - 5:00pm</td>
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<td>5</td>
<td><em>H.I.I.T</em></td>
<td>6:30pm - 7:15pm</td>
<td><em>Classical Ballet</em></td>
<td>5:15pm - 6:15pm</td>
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<td><strong>Stretching</strong></td>
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* Fee based class. Please stop by the front desk for more information

Schedule subject to change
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<th>Monday</th>
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| 6      | Stretching  
6:00am - 7:45am | Stretching  
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6:00am - 9:00am | Stretching  
6:00am - 9:00am | Stretching  
8:00am - 8:45am | Stretching  
8:00am - 8:45pm |
| 7      | 6:00am - 8:45am | Stretching  
11:00am - 12:45pm | Vinyasa Yoga  
8:00am - 8:45am | AOA Stretch & Release  
9:00am - 9:45am | Stretching  
9:00am - 11:00am | Stretching  
11:30am - 2:45pm |
| 8      | Pilates Mat  
9:00am - 9:45am | Stretching  
9:00am - 9:45am | Stretching  
10:30am - 11:15am | AOA Stretch & Release  
10:00am - 10:45am | Stretching  
9:45am - 11:00am |  |
| 9      | AOA Gentle Yoga  
10:00am - 10:45am | AOA Cardio Conditioning  
10:00am - 10:45am | Core & Strength Training  
9:00am - 9:45am | AOA Strength Training  
10:00am - 10:45am | Let's Dance Cardio  
11:00am - 11:45am |  |
| 10     | Stretching  
11:45am - 12:30pm | Total Body Conditioning  
11:45am - 12:30pm | AOA Chair Yoga  
11:30am - 12:15pm | Pilates Mat  
11:30am - 12:15pm | Interval Cardio SCULPT  
12:00pm - 12:45pm |  |
| 11     | Stretching  
11:00am - 12:45pm | Pilates Mat  
1:00pm - 1:45pm | AOA Seated Pilates  
10:30am - 11:15am | Stretch & Release  
12:30pm - 1:15pm | Youth Karate*  
12:00pm - 1:00pm | Stretching  
1:00pm - 4:45pm |
| 12     | AOA Strength Training  
1:00pm - 1:45pm | Hatha Yoga  
2:00pm - 2:45pm | AOA Chair Yoga  
12:30pm - 1:00pm | Stretching  
2:00pm - 4:00pm | Pilates Mat  
2:00pm - 2:45pm | Stretching  
3:00pm - 5:00pm |
| 1      | Stretching  
2:00pm - 4:45pm | Stretching  
2:00pm - 4:00pm | Active Resistance Training  
1:15pm - 2:00pm | Youth Karate*  
3:30pm - 4:15pm |  |  |
| 2      | Pre-Ballet*  
3:30pm - 5:00pm | Stretching  
3:00pm - 5:00pm | Stretch & Release  
4:15pm - 5:00pm |  |  |  |
| 3      | Barre Workout  
5:00pm - 5:45pm | Stretching  
5:15pm - 6:00pm | Interval Cardio Sculpt  
6:15pm - 7:00pm | Modern Dance  
5:15pm - 6:15pm |  |  |
| 4      | GROOVE  
6:00pm - 6:45pm | Stretching  
5:15pm - 6:00pm |  |  |  |  |
| 5      | Stretching  
6:00pm - 8:45pm | Stretching  
7:00pm - 8:45pm | AOA Hatha Yoga  
6:45pm - 7:30pm |  |  |  |
| 6      | Zumba  
6:30pm - 7:15pm | Stretching  
7:00pm - 8:45pm |  |  |  |  |
| 7      | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning |
| 8      | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning | Closed for Cleaning |

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