

Saturday

Time	Class/Event	Location	Department
8:00-9:00AM	Pump It Up Step-N-Flex	Studio C Group Ex. Room	Venice Wellness Englewood Wellness
9:00-10:00AM	\$Reformer Pilates Spinning ZUMBA	Pilates Studio Spin Room Gymnasium Studio B	Venice Wellness Englewood Wellness Englewood Wellness Venice Wellness
9:00-10:15AM	Step Explosion Plus	Studio C	Venice Wellness
9:05:10:00AM	AOA Fitness	Group Ex. Room	Englewood Wellness
9:15AM (3/8-5/29)	\$Parent & Tot(18 mos- 3 yrs)	Gymnastic Studio	Venice Gymnastics
9:15-10:15AM	Spinning	Spin Room	Venice Wellness
9:30AM & Sunday	Shallow Water Aerobics	YMCA Pool- Englewood	Englewood Aquatics
10:00-11:00AM	Reformer Pilates-Intro	Pilates Studio	Venice Wellness
10:00-11:30AM	Beg/Int Yoga	Studio A	Venice Wellness
10:15AM (3/8-5/29)	\$Preschool (3,4 & 5)	Gymnastic Studio	Venice Gymnastics
10:15-11:30AM	Yoga	Group Ex. Room	Englewood Wellness
10:15AM-12:00PM	Extreme Kickboxing	Studio B	Venice Wellness
10:15AM (3/8-5/29)	\$Preschool (3-5)	Gymnastic Studio	Venice Gymnastics
10:30-11:30AM	Deep Water Aerobics	YMCA Pool-Venice	Venice Aquatics
11:00AM-12:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness
11:00AM-12:30PM (7/31-9/25) (No Class 9/11)	\$Belly Dancing	Studio C	Venice Wellness
11:15AM (Sunday)	Shallow Water Aerobics	YMCA Pool- Englewood	Englewood Aquatics
12:00-1:00PM	Pilates Mat	Studio B	Venice Wellness
12:00-4:30PM (Suspended-August)	\$Fencing Practice	Studio A	Venice Wellness
12:30-1:30PM (Starts Aug 7)	Turbo Kick™	Studio C	Venice Wellness