



Thursday

Time	Class/Event	Location	Department
5:15-6:15AM	\$Reformer Pilates	Pilates Studio	Venice Wellness
5:30-6:30AM	Spinning	Spin Room	Englewood Wellness
6:00-7:00AM	Spinning	Spin Room	Venice Wellness
6:30-7:30AM	Pilates Mat	Studio B	Venice Wellness
7:15-8:15AM	Spinning	Spin Room	Englewood Wellness
7:45-9:00AM	AOA Yoga/Stretch	Group Ex. Room	Englewood Wellness
8:00-8:45AM	Core & Balance	Studio A	Venice Wellness
8:00-9:00AM	Pump It Up Senior Fitness Shallow Water Aerobics Spin	Studio C Studio B YMCA Pool-Venice Spin Room	Venice Wellness Venice Wellness Venice Aquatics Englewood Wellness
9:00-10:00AM	Aerobic Dance Deep Water Aerobics Spinning Step Explosion	Studio B YMCA Pool-Venice Spin Room Studio C	Venice Wellness Venice Aquatics Englewood Wellness Venice Wellness
9:05-10:05AM	Fitball & Sculpt	Group Ex. Room	Englewood Wellness
9:30-11:00AM	Int. Yoga	Studio A	Venice Wellness
9:30-10:30AM	Shallow Water Aerobics	YMCA Pool- Englewood	Englewood Aquatics
10:00-10:30AM	Firm/Tone/Flex On The Ball	Studio B Studio C	Venice Wellness
10:00-11:00AM	Deep Water Aerobics	YMCA Pool-Venice	Venice Aquatics
10:30-11:30AM	Silver Sneakers Fitness -MSROM	Group Ex. Room	Englewood Wellness
10:30AM-12:00PM	Women's Fitness	Studio C	Venice Wellness
11:00AM-12:00PM	\$Beginner Free Motion	Free Motion Room	Venice Wellness
11:15AM-12:15PM	ZUMBA Light	Studio B	Venice Wellness
11:15AM-12:30PM	Beg. Yoga	Studio A	Venice Wellness
12:00-12:30PM	Gut Busters & More	Studio C	Venice Wellness
12:00-1:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness
12:30-1:30PM	\$Group PT Circuit	Studio C	Venice Wellness
4:00PM (8/30-11/22)	\$Progressive (1 st -8 th)	Gymnastic Studio	Venice Gymnastics
4:00-5:00PM	\$Reformer Pilates	Pilates Studio	Venice Wellness

4:05PM (8/30-11/22)	\$Hip Hop (3 rd -8 th Grade)	Gymnastic Dance Studio	Venice Gymnastics
4:30-5:30PM	\$Beg/Int-TKD	Studio A	Venice Wellness
5:00PM (8/30-11/22)	\$Instructional (1 st -3 rd)	Gymnastic Studio	Venice Gymnastics
5:15PM (8/30-11/22)	\$Preschool (3-5)	Gymnastics Studio	Venice Gymnastics
5:30-6:00PM	Gut Busters & More	Studio B	Venice Wellness
5:30-6:30PM	\$Advanced Only-TKD On The Ball!	Studio A Group Ex. Room	Venice Wellness Englewood Wellness
6:00PM (8/30-11/22)	\$Kindergym \$Progressive (1 st -8 th)	Gymnastics Studio	Venice Gymnastics
6:00-7:00PM	Spinning Kick Box Aerobics \$Reformer Pilates	Spin Room Studio B Pilates Studio	Venice Wellness
6:05PM (8/30-11/22)	\$Adult Tap & Jazz (9 th grade & up)	Gymnastics Dance Studio	Venice Gymnastics
6:30-7:30PM	Extreme Kickboxing	Multi-Purpose Room	Englewood Wellness
6:30-7:45PM	Yoga	Studio A	Venice Wellness
6:30-8:00PM	Women's Fitness	Studio C	Venice Wellness
6:35-7:50PM	Yoga	Group Ex. Room	Englewood Wellness
7:00-8:15PM (8/30-11/22)	\$Teen Tumble (6 th -12 th)	Gymnastics Studio	Venice Gymnastics