

NCIE FITNESS

Group Fitness Timetable

Spring 2022

Multipurpose Zone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am	CR-FIT 45	Strength 45	Cross 45	Strength 45	Cross 45		
7:05am		Cross 45			CR-FIT 45		
9:30am	SIS & AUNT 45	YAH 45	SIS & AUNT 45	YAH 45	SIS & AUNT 45		
12:00pm		Strength 45		Strength 45			
4:00pm	Teen Gym 45		Teen Gym 45				
6:00pm	Boxing 45		CR-FIT 45				

Group Fitness Zone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am			Body Pump 45	Spin 45			
7:00am		Pilates 45		Yoga 45			
7:15am					Pilates 45		
8:00am					ABT 45		
8:15am	Yoga 45					Body Pump 60	
9:30am				Pilates 45			
9:45am						Pilates 60	
10:15am							Yoga 60
12:00pm			Yoga 45				
6:00pm	Yoga 60	Body Pump 60	Pilates 60	Body Pump 60			
7:00pm							

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am		Swimfit 60		Swimfit 60			
8:00am						Swimfit 60	
9:30am						Aqua Fit 60	
10:30am		YAH 45		YAH 45	YAH 45		
6:00pm	Aqua Fit 45		Swim Fit 60				
6:00pm			Aqua Fit 45				

Pit Zone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:05am	HIT 45		HIT 45	Box 45			
8:00am						Cross 60	
12:00pm	HIT 45		Cross 45		Box 45		
4:00pm							
6:00pm		Bootcamp 45		Bootcamp 45			

