

STAC GROUP FITNESS SCHEDULE

CORE	
AQUATICS	LES MILLS

PLUS				
AQUATICS	LES MILLS	CYCLING	DYNAMICS	WELLNESS

PRO					
AQUATICS	LES MILLS	CYCLING	DYNAMICS	WELLNESS	PREMIUM

POOL							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM	H2 GO Heather		H2 GO Heather				
11:30 AM							
12:00 PM							

STUDIO 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Lets Ride Matt		Lets Ride Matt		Lets Ride Matt		
6:30 AM							
7:00 AM	Quick Ride Matt		Quick Ride Matt		Quick Ride Matt		
7:30 AM		RPM		RPM			Sprint
8:00 AM							RPM
8:30 AM							
10:00 AM	Sprint		Sprint				
10:30 AM							
5:00 PM		Crunchtime Heather		Crunchtime Heather			
5:30 PM		Plyomaniac Heather		Plyomaniac Heather			
6:00 PM	Pacers Rhonda?	Quick Climb Heather	Pacers Rhonda?	Quick Climb Heather			
6:30 PM							
7:00 PM							

STUDIO 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	BodyFlow		BodyFlow		BodyFlow		
8:00 AM							
8:30 AM	BodyPump	Grit	BodyPump	Grit	Grit		
9:00 AM		Gentle Yoga <i>Erynn</i>		Gentle Yoga <i>Erynn</i>			
9:30 AM							
10:00 AM	Functional Fitness <i>Heather</i>	Stretch <i>Erynn</i>	Functional Fitness <i>Heather</i>	Stretch <i>Erynn</i>			
10:30 AM					Pilates <i>Sacha</i>		
11:00 AM					Pilates <i>Sacha</i>		
11:30 AM					Spine Align <i>Sacha</i>		
12:00 PM							
12:30 PM							
4:00 PM	Born to Move	BodyPump	Born to Move	BodyPump	BodyCombat		
4:30 PM							
5:00 PM	Gentle Yoga <i>Lindsey</i>		Gentle Yoga <i>Lindsey</i>				
5:30 PM							
6:00 PM							
6:30 PM		Pilates <i>Sacha</i>		Pilates <i>Sacha</i>			
7:00 PM	Zumba <i>Kati</i>	Spine Align <i>Sacha</i>	Zumba ?	Spine Align <i>Sacha</i>			
7:30 PM							

Classes will be available for registration through your Club Automation member portal and our very own STAC app!
Cancellations are permitted up to 12 hours before class. Late cancellations and no-shows will be subject to a \$10 fee.

Exceptions can be made for extenuating circumstances. Please contact the Front Desk for more information.