

# Williams Island Fitness Schedule

Monday	Tuesday	Wednes.	Thursday	Friday	Saturday	Sunday
7am-8am <b>Body Sculpt</b> Walid		7am-8am <b>Mat Pilates</b> Joy	7am-8am <b>Body Sculpt</b> Walid	7am-8am <b>Stretch &amp; Balance w/Jot</b>		
8am-9am <b>Sport Rehab</b> Dr. Cooper	8am-9am <b>Dynamatrix</b> Jackie	* 8am-9am <b>I.B.T.</b> Thomas	8am-9am <b>Core Train</b> Alex	8am-9am <b>Core Train</b> Alex		8:30-9:30am <b>Muscle Mania</b> Mike
9am-10am <b>Dance</b> Vera	9am-10am <b>Body Sculpt</b> Jackie	9am-10am <b>Dembo</b> Alvaro	9am-10am <b>Dance Sculpt</b> Alex	9:15-10:15am <b>Zumba</b> Walter	9:30-10:15am <b>ABS</b> Jackie	
10am-11am <b>Core</b> Thomas	10am-11am <b>Basic Stretch</b> Viviane	10am-11am <b>Core Xpress</b> Thomas	10:15-11:15am <b>Dance</b> Mario	10:15-11:15am <b>Body Sculpt</b> Vivian	10:15-11:15am <b>Mat Pilates</b> Doria	10am-11am <b>ABS &amp; Sculpt</b> Walid
	11:00-12:00am <b>Mat Pilates</b> Joy	11-12:00am <b>Stretch</b> Jot	11:15-12:15am <b>Mat Pilates</b> Kim	11:15-12:15pm <b>Relax Yoga</b> Sarah	11:15-12:15pm <b>Zumba</b> Paola	11-12pm <b>Dance De La Soul</b> w/Tracey
3pm-4pm <b>Yoga</b> Rochelle	2pm-3:15pm <b>Yoga</b> Peter	2pm-3pm <b>Yoga</b> Margit	2pm-3:15pm <b>Yoga</b> Peter	2:30-3:45pm <b>Yoga</b> Peter	12:15-1:15pm <b>Core Xpress</b> Thomas	
5pm-6pm <b>Dance De La Soul</b> w/Tracey	5:15-6:15pm <b>Latin Dance</b> Armando	5pm-6pm <b>Dance De La Soul</b> w/Jan		4:30-5:30pm <b>Dance</b> Jan	3pm-4pm <b>Yoga</b> Margit	
6pm-7pm <b>Dance Party</b> Oswaldo	6pm-7pm <b>MeDiTaTiON</b> Steve	6pm-7pm <b>Dance Sculpt</b> Edgar				
	6:30-7:30pm <b>Body Sculpt</b> Walid		6:30-7:30pm <b>Bootcamp Sculpt</b> w/Noel			
<b>SPINNING PROGRAM</b>						
6:45-7:45am James	6:45-7:45am Karrie	6:45-7:45am Billy G	6:45-7:45am James	6:45-7:45am Chris	8:30-9:30am Karrie	9:00-10:00am Jey
	9am-10am Chris			10:15-11:15am Chris	10:15-11:15am Chris	
6:30-7:30pm Jey		6:30-7:30pm Chris				
<b>AQUATIC PROGRAM</b>						
				8:30-9:30am <b>Advanced</b> Karrie		
10am-11am Karrie	10am-11am Marion	10am-11am Debbie	10am-11am Tatiana	10am-11am Karrie	10am-11am Marion	10am-11am Lisa

\* I.B.T. - Integrated Balance Training -  
Maximum Capacity is 12 participants

