



Parkway Health & Racquet Club

Fitness Class Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:15am - 8:15am SPIN Sandra			7:15am - 8:15am SPIN Esme		
9:00am - 11:00am TAI CHI Gym	9:00am - 11:00am TAI CHI Gym	9:00am - 11:00am TAI CHI Gym	9:00am - 11:00am TAI CHI Gym	9:00am - 11:00am TAI CHI Gym		
					9:30am - 10:30am ZUMBA Esme	9:30am - 10:30am STEP & TONE Sirka
					10:30am - 11:30am YOGA - LATES Esme	10:00am - 10:40am AQUA FIT Luci
						10:45am - 11:25am YOGA Sandy
12:05pm - 12:45pm AQUA FIT Judy		12:05pm - 12:45pm AQUA FIT Judy		12:05pm - 12:45pm AQUA FIT Pradeep		
12:15pm - 1:05pm PILATES Yvonne	12:15pm - 1:05pm CARDIO DANCE Grace	12:15pm - 1:05pm SWEAT & SCLUPT Esme	12:15pm - 1:05pm YOGA Sandy	12:15pm - 1:05pm CARDIO CORE Grace		
5:45pm - 6:45pm TURBO KICK Esme	5:30pm - 6:30pm CIRCUIT TRAINING Diana	5:30pm - 6:30pm CARDIO MIX Sirka	5:45pm - 6:45pm EXTREME TONING Esme			
	6:30pm - 7:30pm SPIN Diana					

Please note: classes & instructors subject to change as required at the discretion of PHRC management

Effective: January 2011