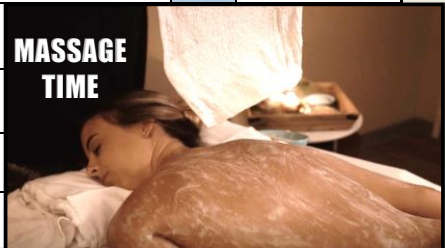


JUNE 2025


Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a	<small>GROUP</small> POWER ISABEL		<small>GROUP</small> POWER ISABEL			8:00a	<small>GROUP</small> POWER
5:30a		<small>GROUP</small> BLAST KATRINA		<small>GROUP</small> BLAST KATRINA	<small>GROUP</small> CENTERGY SHANNON		07 - Isabel 14 - Isabel 21 - Isabel 28 - Isabel
8:00a	<small>GROUP</small> BLAST TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> fight TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> BLAST KATRINA		
9:00a		<small>GROUP</small> CENTERGY TRACY		<small>GROUP</small> CENTERGY TRACY	Pilates/Barre ISABEL (9:15a)		
10:15a	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	Yoga Fit ISABEL		
10:45a		Tai Chi advanced HENRY		Tai Chi advanced HENRY			
4:30p	<small>GROUP</small> POWER KATRINA	<small>GROUP</small> CENTERGY ISABEL	Pilates/Barre ISABEL	<small>GROUP</small> CENTERGY ISABEL			
5:30p	<small>SHINE</small> KATRINA		<small>GROUP</small> POWER KATRINA				

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		<small>GROUP</small> AIDE SHANNON		<small>GROUP</small> AIDE SHANNON			
12:00p							
5:00p	<small>GROUP</small> AIDE ISABEL						
5:30p		<small>GROUP</small> AIDE SHANNON				9:00a	<small>GROUP</small> AIDE

Class Descriptions:



03 - Isabel
14 - Isabel
21 - Isabel
28 - Isabel

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS ISABEL		AQUA FITNESS ISABEL		AQUA FITNESS ISABEL	AT RISK OF BEING CUT
8:15a			AQUA FITNESS KATRINA		AQUA FITNESS ISABEL	NEW CLASS!
11:15a-12	AQUA ARTHRITIS LISA		AQUA ARTHRITIS ISABEL			Please download the Singing River Healthplex phone-app, so that we can notify you about class changes.
5:00p		AQUA FITNESS MORGAN		AQUA FITNESS MORGAN		