

FALL / WINTER CLASS SCHEDULE

MON

TUE

WED

THU

FRI

Weekends at
Waterfront Wellness

SAT

SUN

6:15 AM
LES MILLS BODYPUMP
CHRISTINA 45

6:15 AM
LES MILLS sprint
CHRISTINA 30

6:15 AM
LES MILLS BODYPUMP + CORE
CHRISTINA 45

6:15 AM
LES MILLS sprint
CHRISTINA 30

6:15 AM
LES MILLS BODYFLOW
CHRISTINA 55

7:00 AM
Functional Fitness
GRAHAM 30

7:00 AM
HEAT
GRAHAM 30

6:45 AM
TRAILBLAZERS
GRAHAM 30

7:30 AM
Spin Cardio
CHRISTINA 30

7:30 AM
Fit Circuit
ORONDE 30

7:30 AM
Core Strength And Stability
CHRISTINA 30

9:15 AM
LES MILLS BODYPUMP
CHRISTINA 45

9:15 AM
LES MILLS sprint
CHRISTINA 30

9:15 AM
Barre
CHRISTINA 45

9:15 AM
LES MILLS BODYPUMP
CHRISTINA 45

9:15 AM
LES MILLS BODYFLOW
CHRISTINA 55

9:15 AM
LES MILLS BODYPUMP
CHRISTINA 55

9:15 AM
LES MILLS BODYPUMP
CHRISTINA 45

11:30 AM
TRX
GRAHAM 30

11:30 AM
Barre
JENNA 30

11:30 AM
Kettle Bell
YVES 30

10:30 AM
KICKBOXING
CHRISTINA 55

10:15 AM
LES MILLS sprint
CHRISTINA 30

12:10 PM
LES MILLS sprint
CHRISTINA 30

12:10 PM
Combo Spin
GRAHAM 45

12:10 PM
Theme Ride
YVES 45

12:10 PM
Spin Cardio
YVES 45

12:10 PM
Spin Hi/Lo
YVES 45

11:00 AM
LES MILLS BODYFLOW
CHRISTINA 55

12:10 PM
Step 360 Strength + Core
YVES 45

12:10 PM
Bodyweight Hiit + Core
YVES 45

12:10 PM
Functional Fitness
GRAHAM 30

12:10 PM
Love Your Legs + Plank It Up
GRAHAM 45

12:10 PM
Pilates
JENNA 30

1:10 PM
Barre
CHRISTINA 45

1:10 PM
Yoga
ANDREA 45

1:10 PM
LES MILLS BODYPUMP
CHRISTINA 45

1:10 PM
LES MILLS BODYFLOW
CHRISTINA 45

1:10 PM
TABATA
GRAHAM 15

5:30 PM
Yoga
ANDREA 45

5:30 PM
Yoga
ANDREA 45

5:30 PM
Bodyweight HIIT + Core
YVES 45



WATERFRONT
WELLNESS