

# Group Wellness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	Goa Spin		Goa Spin		Goa Spin	
8:00 AM	Goa Aerobics		Goa Aerobics		Goa Aerobics	
9:00AM	Goa Splash Aquarobics	Goa Stretch	Goa Splash Aquarobics	Goa Yoga	Goa Splash Aquarobics	Goa Yoga
10:00AM	Goa Splash Arthritis		Goa Splash Arthritis		Goa Splash Arthritis	
12:00 PM	Goa Pilates	Goa Heat	Goa Pilates		Goa Pilates	
5:30 PM	Goa Spin	Goa Body Conditioning	Goa Spin 4:30 PM start Wednesday only	Goa Body Conditioning	Goa Spin	
5:30 PM	Goa Yoga 5:15 start Monday only	Goa Pilates	Goa Yoga	Goa Pilates		
6:30 PM		Belly Dance Basics		Belly Dance Basics		