FITNESS RESOLUTION SOLUTION CLASS SCHEDULE

Room → / Time ↓	Kitchen	Weight Room	Ceramics	Wellness Area	Auditorium	Small Gym	Multipurpose Room	Big Gym
10:00am	WELCOME IN BIG GYM							
10:10am	Food Demo	Fitness Challenges	Cycling	7 tables 2 massage chairs	Kids Place (Floor)	Pickle Ball	Yoga	Hockey Line Dancing
10:30am	Food Demo	Fitness Challenges	Cycling		Stiletto Dance Fit (Stage) Kids Place (Floor)	Bootcamp	Tai Chi	Hockey Zumba Gold
11:00am	Food Demo	Fitness Challenges	Cycling		Tae Kwon Do (Stage) Kids Place (Floor)	Pickle Ball	Yoga	Hockey Zumba (Hispanic)
11:30am	Food Demo	Fitness Challenges	Cycling		Stiletto Dance Fit (Stage) Kids Place (Floor)	H.I.I.T	Tai Chi	Hockey Zumba Gold
NOON	DRAWING IN BIG GYM							
12:30pm	Food Demo	Fitness Challenges	Cycling		Tae Kwon Do (Stage) Kids Place (Floor)	Complete Physique	Boxing	Hockey Zumba (Hispanic)
1:00pm	Food Demo	Fitness Challenges	Cycling		Stiletto Dance Fit (Stage) Kids Place (Floor)	Bootcamp	Line Dancing	Hockey Zumba (Hip Hop)
1:30pm	Food Demo	Fitness Challenges	Cycling		Line Dancing	H.I.I.T.	Boxing	Hockey Zumba (Hip Hop)
2:00pm	DRAWING IN BIG GYM							