

# JAGUAR ROOM

## MAR. 16th- MA. 19th

NORTH SIDE

	SUN	MON	TUE	WED	THU	FRI	SAT
6:00-6:30am	FACILITY CLOSED						FACILITY CLOSED
6:30-7:00am							
7:00-7:30am		YOGA FLOW Sun Salutation 7-7:45am					
7:30-8:00am							
8:00-8:30am	FACILITY CLOSED	FAMILY YOGA 3-6 yrs 8-9am		PRENATAL YOGA 8-9am		FAMILY YOGA Baby & Toddler 8-9am	Vinyasa Flow Yoga 8-9am
8:30-9:00am							
9:00-9:30am		BARRE FITNESS 9-10am	YOGA & MEDITATION 9-10am	BARRE FITNESS 9-10am	YOGA & MEDITATION 9-10am	BABY GYM 9:30-11:30am	PETITE BALLERINAS 9-9:45am 10-10:45am 11-11:45am 12-12:45pm 1-1:45pm
9:30-10:00am							
10:00-10:30am							
10:30-11:00am			STRONG WOMEN STRONG BONES 10:30-11:30PM		STRONG WOMEN STRONG BONES 10:30-11:30PM		
11:00- 11:30am		SILVER SNEAKERS CLASSIC 11-11:45 am		SILVER SNEAKERS CLASSIC 11-11:45 am			
11:30- 12:00pm							
12:00-12:30pm		RESTORATIVE YOGA 12-1pm	STRENGTH & TONE 12:10-12:55pm	RESTORATIVE YOGA 12-1pm	STRENGTH & TONE 12:10-12:55pm	PETITE BALLERINAS 11:45-12:30pm	
12:30-1:00pm						PETITE BALLERINAS 12:45-1:30pm	
1:00-1:30pm		BARRE FITNESS 1-2pm	PILATES/ SCULPTING YOGA 1-2pm	BARRE FITNESS 1-2pm	PILATES/ SCULPTING YOGA 1-2pm		
1:30-2:00pm							
2:00-2:30pm							Mexican Dance 2-5pm
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm	ZUMBA 3:30-4:30pm						
4:00-4:30pm		SLOW FLOW HATHA YOGA 4-5pm	TEEN YOGA 4-5pm	SLOW FLOW HATHA YOGA 4-5pm	TEEN YOGA 4-5pm		
4:30-5:00pm							
5:00-5:30pm	FACILITY CLOSED		SLOW FLOW HATHA YOGA 5-6pm		SLOW FLOW HATHA YOGA 5-6pm		FACILITY CLOSED
5:30-6:00pm		PILATES 5:30-6:30pm		PILATES 5:30-6:30pm			
6:00-6:30pm			AIKIDO 6:00-8:00pm		AIKIDO 6:00-8:00pm		
6:30-7:00pm		BARRE FITNESS 6:30-7:30pm		BARRE FITNESS 6:30-7:30pm			
7:00-7:30pm							
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							

\*Based on rentals and special programs OPEN TIMES are subject to change daily .

To register for classes enroll with our front desk or online at  
[fcgov.com/recreator](http://fcgov.com/recreator).