

SPORTS DOCK

Dance & Holistic Classes - 2nd Floor Studio

Optimal Fitness Classes - Optimal Zone

Optimal Ride Classes - Indoor Cycling Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00	OPTIMAL HIIT	OPTIMAL LIFT	OPTIMAL BOXING	OPTIMAL RIDE FOR STRENGTH	OPTIMAL CIRCUIT		
9:00 - 9:45						ZUMBA	OPTIMAL IRONMAN
10:00 - 10:30						OPTIMAL RHYTHM RIDE	OPTIMAL JUST RIDE
11:00 - 11:45							OPTIMAL CORE
11:30 - 12:15							
12:00 - 12:30	OPTIMAL CORE	OPTIMAL LIFT	OPTIMAL CORE		OPTIMAL CORE		ZUMBA STEP
12:15 - 12:45	STRONG HER	WELLNESS WALK	STRONG HER				
12:30 - 13:15	OPTIMAL RHYTHM RIDE	OPTIMAL JUST RIDE	OPTIMAL RIDE FOR STRENGTH	OPTIMAL RIDE FOR STRENGTH	OPTIMAL JUST RIDE		
13:00 - 13:45	VINYASA YOGA		30 MIN OPTIMAL CORE				
13:15 - 14:00		ZUMBA (FUSION)	ZUMBA (FUSION)	OPTIMAL STEP	OPTIMAL BOXING		
13:45 - 14:15	OPTIMAL JUMP						
14:30 - 15:15		OPTIMAL BOXING	OPTIMAL CARDIO				
14:45 - 15:30				YOGA	PILATES		
18:15 - 19:00	OPTIMAL LIFT	LEGS, BUMS & TUMS	OPTIMAL LIFT	OPTIMAL JUMP	ASHTANGA YOGA	OPTIMAL RHYTHM RIDE	OPTIMAL RHYTHM RIDE
19:15 - 20:00	OPTIMAL BOXING	OPTIMAL JUST RIDE	OPTIMAL DANCE	OPTIMAL DANCE			
20:15 - 21:00	OPTIMAL JUST RIDE	BOLLYWOOD	HATHA YOGA	PILATES			

