

































RED ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						
8:45 AM						
9:30 AM						
10:00AM						
4:45 PM						
5:45 PM						
6:45 PM						

BLUE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:30 AM	SilverSneakers® MSROM		SilverSneakers® MSROM		SilverSneakers® YogaStretch	
4:45 PM						
5:30 PM						
5:45 PM	