

NOFFSINGER ROOM SCHEDULE

February



	Monday	Tuesday	Wednesday	Thursday	Friday		
6:00			Sunrise Flow Yoga				
6:15							
6:30							
6:45							
7:00							
8:00							
9:00							
9:15							
9:30	Silver Sneakers		Silver Sneakers Yoga		Pump & Burn		
9:45							
10:00							
10:15		Vinyasa Yoga		Silver Sneakers Circuit			
10:30							
10:45							
11:00					Silver Sneakers Classic		
11:15							
11:30							
11:45							
12:00							
1:00		Silver and Strong		SilverSneakers Classic			
2:00							
3:00							
4:00							
4:15							
4:30	Fountain of Youth Yoga		Fountain of Youth Yoga	Hatha Yoga			
4:45							
5:00							
5:15							
5:30	Mat Pilates	Pump & Burn	Fit for Life	Piloxing			
5:45							
6:00							
6:15							
6:25							
6:30							
6:35	Insanity	Hatha Yoga	Insanity	Pump & Burn			
6:45							
7:00							
7:15							
7:30							