



































SPARC

Unicity SPORT AQUATICS & RECREATION CENTRE

FITNESS CLASS SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 KAPOW COMBAT CIRCUIT SYNERGY 06:00 - 07:00	 ZUMBA STUDIO 08:30 - 09:30	 YOGA STUDIO 07:00 - 08:00	 ZUMBA STUDIO 07:30 - 08:30	 TOTAL BODY BLAST SYNERGY 08:30 - 09:15	 PRIMAL FUNCTIONAL SYNERGY 08:30 - 09:30						
 YOGA STUDIO 07:00 - 08:00	 SPIN SPIN ROOM 08:30 - 09:30	 PANTHERS WRATH Speed & Agility SYNERGY 08:30 - 09:30	 ROCK BOTTOM Bums & Legs SYNERGY 08:00 - 09:00	 BOOTYLICIOUS Bums & Abs STUDIO 08:30 - 09:30	 HAVANA HEAT Latin Aerobic STUDIO 09:30 - 10:30						
 IGNITE FULL BODY HIIT STUDIO 08:30 - 09:00	ABS & STRETCH Core Strength & Stretching STUDIO 09:30 - 10:00	 IGNITE FULL BODY HIIT STUDIO 08:30 - 09:00	 SPIN & CORE SPIN ROOM 08:30 - 09:30	 FIGURE 30 Stretch & Tone STUDIO 09:30 - 10:00	 TRAILBLAZER Endurance SYNERGY 09:30 - 10:30						
 BIG STARS KIDS DANCE 10-15YRS STUDIO 16:00 - 17:00		 SPIN & CORE (MDX Special) SPIN ROOM 16:00 - 16:45			 ROCK BOTTOM Bums & Legs SYNERGY 11:45 - 12:30						
 BOOTYLICIOUS Bums & Abs STUDIO 18:00 - 19:00		 MOUNTAIN GOAT Spin & Strength SPIN & SYNERGY 18:00 - 19:00	 IGNITE FULL BODY HIIT STUDIO 18:00 - 18:30	 IGNITE FULL BODY HIIT STUDIO 17:00 - 17:30	 LITTLE STARS KIDS DANCE 4 - 9 YRS STUDIO 11:45 - 12:30						
 HAVANA HEAT Latin Aerobic STUDIO 19:00 - 20:00											
 FIGURE 30 Stretch & Tone STUDIO 20:00 - 20:30	 KONG Strength SYNERGY 18:00 - 19:00	 BOOTYLICIOUS Bums & Abs STUDIO 19:00 - 20:00	 YOGA STUDIO 18:30 - 19:30	<div style="background-color: yellow; padding: 5px; text-align: center;">High Intensity</div> <div style="background-color: lightgreen; padding: 5px; text-align: center;">Low Intensity</div> <div style="background-color: lightblue; padding: 5px; text-align: center;">Kids Classes</div>							
 SPIN SPIN ROOM 19:00 - 20:00	 ZUMBA STUDIO 19:00 - 20:00	 FIGURE 30 Stretch & Tone STUDIO 20:00 - 20:30	 BOLLYWOOD BURN STUDIO 19:30 - 20:30								