

TWIN CREEKS GROUP FITNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am				Hatha Yoga		
9:00am		Hatha Yoga				
9:30am					HIIT	
10:15am		Strength Training		Pilates		
12:00pm	Yoga Conditioning					
6:00pm	Power Hour		Power Hour	Barre		
	FITNESS PREMIER					
10:30am					Strength Circuit	Pilates + Yoga
12:00pm		M.A.D.E.		M.A.D.E.		
5:15pm	TRX Strong		TRX Strong		Strength Circuit	



Twin Creeks
Country Club

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