



2023 TWIN CREEKS

GROUP FITNESS

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am				Hatha Flow Yoga		
9:00 am		Hatha Flow Yoga	HIIT Circuit			Power Hour
9:30 am						
10:15 am		Strength Training				
12:00 pm	Yoga Conditioning			Mat Pilates		
5:30 pm		Ballroom Dance Lessons*				
6:00 pm			Power Hour	HIIT Circuit (biweekly)		
6:30 pm		Ballroom Dance Lessons*				
Monthly Classes	Bootcamp 1st Wednesday	Power Vinyasa 2nd Wednesday			* Paid Classes	