

ROWES WHARF HEALTH CLUB CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRICTLY STRENGTH 7:00AM (C)	STRENGTH & POWER 7:00AM (B)				
					STRENGTH & POWER 9:00AM (B)	
	ALIGN & FLOW YOGA 12:15PM (G)		STRICTLY STRENGTH 12:15PM (B/C)			
	K-ADENCE RIDE 5:15PM (B)	CORE FUSION YOGA 5:15PM (G)				