

# Exercise Classes

## Audley Inglewood

|                 | Monday                         | Tuesday       | Wednesday     | Thursday                      | Friday   |
|-----------------|--------------------------------|---------------|---------------|-------------------------------|----------|
| Aqua Fit        | 8:45-9:30am<br>10:25-11:10am   | 9:30-10:15am  | 11:00-11:45am | 8:45-9:30am                   |          |
| Fitness Pilates | 9:35 -10:20am<br>11:15-12:00pm |               |               | 9:45-10:30am<br>10:35-11:20am |          |
| Dance Fit       |                                | 10:20-11:05am | 10:00-10:45am |                               |          |
| Ballet Ballroom |                                |               |               | 11:30-12:15pm                 |          |
| Seated Exercise |                                |               |               |                               | 3-3:34pm |
| Yoga            |                                |               | 6:00pm-7pm    |                               |          |

