

ORANGE COUNTY SPORTSPLEX

Group Fitness Schedule (Aqua & Dry Land)

MARCH

Monday		Tuesday		Wednesday		Thursday		Friday	
MAIN STUDIO		MAIN STUDIO		MAIN STUDIO		MAIN STUDIO		MAIN STUDIO	
7:30-8:15am	Circuits	5:45-6:30am	BodyPump	7:30-8:15am	Circuits	5:45-6:30am	BodyPump	7:30-8:15am	Circuits
8:15-9:00am	Pilates	7:00-7:45am	Fusion	8:15-9:00am	Power Pilates	8:00-9:00am	Abs & Arms	8:15-9:00am	Cardio
9:00-9:45am	Step Moves	8:00-8:45am	Total Body	9:00-9:45am	Step Moves	9:00am-10:00am	Interval	9:00-10:00am	Zumba
9:45-10:30am	Firm & Tone		Conditioning	9:45-10:30am	Firm & Tone	10:00-11:00am	Zumba	10:00-11:15am	Yogalates
11:30-12:30pm	Zumba GOLD	9:00-10:00am	Interval	10:30-11:30am	Yoga Stretch	11:00-11:30am	BodyPump	5:00-5:45pm	Total Body
5:00-5:45pm	Total Body	10:00-11:00am	Zumba	11:45-12:45am	Zumba GOLD	11:30-12:30pm	PIYO		Conditioning
	Conditioning	11:00-12:00pm	PIYO	5:00-5:45pm	Total Body	5:00-6:00pm	Step		SMALL STUDIO
6:00-7:00pm	BodyPump	7:00-8:00pm	Kickboxing		Conditioning	6:00-6:45pm	Sh' Bam (Dance)	9:00-9:45am	Barre
7:00-8:00pm	Interval Step		SMALL STUDIO	6:00-7:00pm	BodyPump	6:45-7:15pm	Power Pilates	10:00-11:00am	Silver Sneakers
	SMALL STUDIO	9:00-10:00am	Yoga		SMALL STUDIO	7:15-8:30pm	Yoga		Chair Yoga
6:00-7:00am	Indoor Cycle	10:00-11:00am	Restorative Stretch	6:00-7:00am	Indoor Cycle		SMALL STUDIO		FIELD HOUSE
9:00-10:00am	Barre	11:00-12:00pm	Silver Sneakers	9:00-10:15am	Yoga Flow	8:00-8:45am	Barre	6:00-6:45am	Small Group Training (\$)
12:15-1:00pm	Abs & Arms		Chair Yoga	10:30-11:30am	Zumba	9:00-10:00am	Indoor Cycle	8:30-9:15am	Small Group Training (\$)
6:00-7:00pm	Indoor Cycle	6:00-7:00pm	Indoor Cycle	5:30-6:30pm	Indoor Cycle	10:00-11:00am	Hatha Yoga	6:00-6:45pm	Small Group Training (\$)
7:00-8:00pm	Yoga		FIELD HOUSE		FIELD HOUSE		FIELD HOUSE		PASSMORE CENTER
	FIELD HOUSE	6:00-6:45am	Small Group Training (\$)	6:00-6:45am	Small Group Training (\$)	6:00-6:45am	Small Group Training (\$)	11:00-11:45am	Silver Sneakers
6:00-6:45am	Small Group Training (\$)	6:00-6:45pm	Small Group Training (\$)	6:00-6:45pm	Small Group Training (\$)	6:00-6:45pm	Small Group Training (\$)		Strength
8:30-9:15am	Small Group Training (\$)		PASSMORE CENTER		PASSMORE CENTER		PASSMORE CENTER		AQUA-Rec Pool
10:30-11:30am	YOGA Stretch in Gymnasium	8:30-9:30am	HOOPS Jam Session (not instructor led)	8:45-9:30am	Pace Setters	8:30-9:00am	HOOPS	8:45-9:15am	Water Walk
6:00-6:45pm	Small Group Training (\$)	6:00-7:00pm	Zumba	11:00-11:45am	Silver Sneakers		AQUA- Rec Pool	9:30-10:15am	Aqua Step
	PASSMORE CENTER	7:00-8:00pm	Yin Yoga		Strength	8:45-9:30am	Aqua Cardio Strength		AQUA-Deep Pool
8:45-9:30am	Pace Setters		AQUA- Rec Pool		AQUA-Rec Pool	9:15-10:00am	Aqua Noodle	8:30-9:15am	Ocean Motion
	Cardio Sculpt	8:45-9:30am	Aqua Cardio Strength	8:45-9:15am	Water Walk	10:00-10:45am	Aqua Dance		
11:00-11:45am	Silver Sneakers	9:30-10:30am	Aqua Kickbox	9:00-9:45am	Aqua Zumba				
	Strength			9:30-10:15am	Aqua Step				
	AQUA-Rec Pool			7:00-7:45pm	Aqua Bike				
8:45-9:15am	Water Walk				AQUA-Deep Pool				
9:30-10:15am	Aqua Step			8:30-9:15am	Ocean Motion				
7:00-7:45pm	Aqua Bike								
	AQUA-Deep Pool								
8:30-9:15am	Ocean Motion								

Saturday		Sunday	
MAIN STUDIO		MAIN STUDIO	
8:00-9:00am	BodyPump	2:00-3:30pm	Yoga
9:00-9:45am	Step		
9:45-10:30am	Abs & Arms		
11:45-12:45pm	Tai Chi		
	SMALL STUDIO		
8:00-8:45am	Indoor Cycle		
9:00-10:00am	Indoor Cycle		
	FIELD HOUSE		
8:00-9:00am	Small Group Training (\$)		
9:00-10:00am	Small Group Training (\$)		
	PASSMORE CENTER		
9:00-10:00am	Yoga Basics		
10:00-11:00am	Zumba		



schedule subject to change

