

# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-5:45 a.m. Kick it Circuit	5-5:45 a.m. High Step	5-5:45 a.m. Kick it Circuit	5-5:45 a.m. PIYO	5-5:45 a.m. Instructor's Choice	
6 - 7 a.m. Spin with Ric		6 - 7 a.m. Spin with Ric		6 - 7 a.m. Spin with Ric	8:00-9:15 p.m. Lose Weight Workout plan
		7:15-7:45 a.m. Active Seniors	7:15-7:45 a.m. Active Seniors	7:15-7:45 a.m. Active Seniors	

**8:00, 8:35, 9:00 & 9:35 a.m. Orientations and Office Hours**

10:15-10:45 a.m. Active Seniors Wellbeats	9:15-10 a.m. Active Seniors
----------------------------------------------------	--------------------------------

Alliance Laundry Work Conditioning- 2 p.m. to 4 p.m. Classroom Closed

4 - 5:35 p.m. Orientations				
4:20-5:20 p.m. Yoga with Riann	5:00-5:45 p.m. Spin Class with Chimene	4:30-5:15 p.m. Spin and Strength with Chimene	5:45-6:30 p.m. Instructors Choice	4:30-5:15 p.m. Spin Class with Chimene
5:45-6:30 p.m. PIYO				
7:00-7:45p.m. Lose Weight Workout plan	7:00-7:45p.m. Lose Weight Workout plan	7:00-7:45p.m. Lose Weight Workout plan	7:00-7:45p.m. Lose Weight Workout plan	7:00-7:45p.m. Lose Weight Workout plan

Virtual Classes  
are in dark  
blue

\* Premium Class; Additional Cost

*Classes are subject to change. For current schedules, please visit [agnesian.com/rmcwellnesscenter](http://agnesian.com/rmcwellnesscenter).*