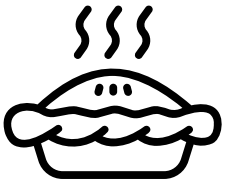


Thanksgiving 2026 Schedule



Time	Studio B	Studio C	Cycle Studio	Therapy Pool	Lap Pool
7:00 AM			Cycle *Jenna*		
8:00 AM	Roots & Wings Yoga *Tiffany*				
8:15 AM		Strength & Stability *Cindy*			
8:30 AM			Cycle *AJ*		
9:00 AM				Water Dance Fitness *Davida*	
9:30 AM		*Special Class* "Zumba & Groove Before you Gobble Gobble" *Francy & Rebekah* *(75 mins)*			
10:00 AM				Water Wellness *Davida*	Hydro-Fit *Tekla*
10:30 AM	Gentle/Mod Yoga *Barry*				

