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<th>Time</th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
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<td>7:00AM</td>
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**Classes are held on first come, first serve basis**

**Schedule is subject to change during University Holidays and Closures**

**Consult a physician before starting any exercise**

**Please note that Express classes are 45 minutes**

* **GENTLE YOGA**
  - STACEY STUDIO

* **YOGA FLOW**
  - STACEY STUDIO

* **WATER AEROBICS**
  - CASSIDY STUDIO

* **KUNDALINI YOGA**
  - STACEY STUDIO

* **HIIT**
  - SAM STUDIO

* **PILATES**
  - GINNY STUDIO

* **ZUMBA**
  - EVGENIYA STUDIO

  - SAM STUDIO

  - CASSIDY STUDIO

  - GINNY STUDIO

  - EVGENIYA STUDIO

  - DEANNE STUDIO