WEEKLY CLASS SCHEDULE

MONDAYS:
AQUAFIT @ 0900
LIFT & SWING @ 0930
VIRTUAL SPIN @ 0930
PILATES @ 0930
PILATES @ 1035
CIRCUITS @ 1810
SPIN @ 1900

TUESDAYS:
VIRTUAL SPIN @ 0630
SPIN @ 0930
VIRTUAL SPIN @ 1730
LIFT & SWING @ 1800
HIIT @ 1900

WEDNESDAYS:
DANCE @ 0900
VIRTUAL SPIN @ 0930
PILATES @ 0930
AQUAFIT @ 1005
PUMP @ 1800
SPIN @ 1800
PURE STRETCH @ 1900
FIGHTING FIT @ 1900
AQUAFIT @ 1910

THURSDAYS:
VIRTUAL SPIN @ 0630
PILATES @ 0910
LIFT & SWING @ 0930
PILATES @ 1015
SPIN @ 1020
PILATES @ 1035
VIRTUAL SPIN @ 1800
BODY STRONG @ 1800
STRETCH & TONE @ 1900

FRIDAYS:
SPIN @ 0930
LBT @ 0910
HATHA YOGA @ 0930
AQUAFIT @ 1005
HATHA YOGA @ 1030
AB BLAST @ 1030
VIRTUAL SPIN @ 1900

SATURDAYS:
SCULPT & TONE @ 0810
SPIN @ 0915

SUNDAYS:
VIRTUAL SPIN @ 0830
VINYASSA YOGA @ 0930

BOOK YOUR SPACE
VIA THE MCCAULAYS HEALTH CLUB APP
OR AT MCCAULAYS.COM