



JACKSON COMPLEX CLASS SCHEDULE

(340) 774-2599 or (340) 776-1600 ext 2801

Hours of Operation

Monday - Friday 6am-8pm

Saturday 7am-2pm

Sunday 9am-2pm

updated 1.17.17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Will Power & Grace 8 - 9 am w/ Deb	Strength & Stamina 8 - 9 am w/ Anni		Strength & Stamina 8 - 9 am w/ Anni		SPIN 8 - 9 am w/ April	
	SPIN 8 - 9 am w/ April	Yoga 8 - 9 am w/ Angelina				
	Lil' Movers & Shakers 9:15 - 10:15 am w/ Mary		SPIN 8 - 9 am w/ April		Strength & Stamina 8 - 9 am w/ Anni	
	Strength & Stamina 4:30-5:30 pm w/ Anni		Strength & Stamina 4:30-5:30 pm w/ Anni		Lil Movers & Shakers 9-10 am w/ Mary	
FAPA 3- 5:30 pm	FAPA 3- 5:30 pm	FAPA 3- 5:30 pm	FAPA 3- 5:30 pm	FAPA 3- 5:30 pm	Pre-K Ballet 10:15-11 am w/ Mary	
	Pound Class 6 - 7 pm w/ Gaynel		Strength & Stamina 4:30-5:30 pm w/ Anni		Pre K 3 - 5 yrs Tap 11-11:45 am w/ Mary	
	Adult Tap 7 - 8 pm w/ Mary Capellas					

Anni McGuinness
Cassie Mallory
Angelina Daswani
April Newland

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