

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20-6:30am CYCLE Studio 3 - Martin	5:20-6:20am RISE, RIDE, & REPS Studio 3 - Lynne	5:20-6:20am CYCLE Studio 3 - Dawn	5:20-6:20am HIIT CYCLE Studio 3 - JoAnne	5:15-6:15am TCX Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Rotation	8:00-9:00am INTRO : ASHTANGA YOGA Studio 2 - Jett
5:30-6:15am SHRED Studio 1 - Theresa	5:30-6:30am HIIT Track/Studio 1 - Bryan	5:30-6:30am SWEAT!!! Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Laurie	5:20-6:20am HIIT CYCLE Studio 3 - Danyell	8:00-9:00am CYCLE Studio 3 - Bri	8:00-9:00am HIIT CYCLE Studio 3 - Rotation
8:00-9:00am PILATES Studio 1 - Jill	8:00-9:00am POWER TONING Studio 1 - Laurie	8:00-9:00am ULTIMATE CONDITIONING Studio 1 - Amanda	9:15-10:15am SENIOR STRENGTH & CORE Studio 1 - Jordan	6:30-7:00am ATHLETIC STRETCH & CORE Studio 2 - Danyell	8:00-9:00am VINYASA FLOW YOGA Studio 2 - Michele	9:15-10:15am PVC Studio 1 - Rotation
8:00-9:00am GENTLE YOGA * Studio 2 - Nicole H	9:15-10:00am BALLET BARRE Studio 1 - Sahar	8:30-9:30am GENTLE YOGA Studio 2 - Nicole H	9:15-10:15am PILATES Studio 2 - Nikki	8:00-9:00am BOSU BLAST Studio 1 - Bryan	9:15-10:15am CARDIO INTERVALS Studio 1 - Missi	10:30-11:30am ZUMBA Studio 1 - Rotation
8:00-9:00am HIIT CYCLE Studio 3 - Kylie	9:15-10:15am VINYASA FLOW YOGA Studio 2 - Karen	9:15-10:15am HIIT CYCLE Studio 3 - Kylie	9:15-10:15am CYCLE Studio 3 - Rosie	8:30-9:30am CYCLE Studio 3 - Alex	9:15-10:15am TURBOKICK Studio 2 - Caren/Sara	
9:15-10:15am SENIOR STRENGTH & CORE Studio 2 - Kylie	9:15-10:15am CYCLE Studio 3 - Doug	9:30-10:15am POWER PUMP INTERVALS Studio 1 - Missi	10:30-11:30am \$ KETTLEBELL TRAINING PulseX - Robin	9:15-10:15am POWER TONING Studio 1 - JoAnne	9:30-10:30am CYCLE Studio 3 - Pat	
9:15-10:15am ULTIMATE CONDITIONING PulseX - JoAnne	10:00-10:45am SENIOR STRETCH Studio 1 - Michele	10:30-11:30am LEBARRE Studio 1 - Nikki	10:30-11:30am YOGA BASICS Studio 2 - Peter	9:15-10:15am YOGA FUNDAMENTALS II Studio 2 - Sarah	10:30-11:30am YOGA BASICS Studio 2 - Peter	
9:15-10:15am SWEAT!!! Studio 1 - Rosie	11:00am-12:00pm ZUMBA GOLD Studio 1 - Krista	1:30-2:30pm \$ TAI CHI - GENERAL Studio 1 - Hilary	10:30-11:30am ***EZ RIDER Studio 3 - Danyell	10:30-11:30am BODY BARRE Studio 2 - Nikki		
10:30-11:30am LEBARRE Studio 2 - Nikki	12:15-2:30pm \$ TAI CHI SESSIONS Studio 1 - Hilary	4:30-5:30pm POWER TONING Studio 1 - Laurie	12:15-2:30pm \$ TAI CHI - SESSIONS Studio 1 - Hilary	10:45-11:45am ZUMBA GOLD TONING Studio 1 - Kory		
10:30-11:30am YOGA FUNDAMENTALS I Studio 2 - Sarah	4:30-5:30pm TURBOKICK Studio 1 - Sara	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris	4:30-5:30pm NO GUTS ALL GLORY Studio 1 - Tim	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris		
10:30-11:30am ***EZ RIDER Studio 3 - JoAnne/Danyell	4:30-5:15pm HARDCORE Studio 2 - Nicole M	5:30-6:30pm HIIT CYCLE Studio 3 - Kristin	4:30-5:30pm \$ PILATES REFORMER INT Studio 2 - Ellen	4:30-5:30pm BOOTY CAMP Studio 1 - Nicole M		
4:30-5:30pm ZUMBA Studio 1 - Rotation	5:45-6:45pm BOOT CAMP Studio 1 - Todd	5:30-6:30pm PILATES Studio 2 - Jill	5:30-6:30pm CYCLE Studio 3 - Euniece	5:45-6:45pm ZUMBA Studio 1 - Krista		* New Instructor
5:30-6:30pm CYCLE Studio 3 - Jessy	** 5:30-6:30pm HIIT CYCLE * Studio 3 - Danyell	5:45-6:40pm ZUMBA Studio 1 - Jessica	5:45-6:45pm MINDBODYHIIT Studio 1 - Renee			** Class time/schedule change
6:00-7:00pm SUPER SCULPT Studio 1 - Esther	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim	6:45-7:30pm CYCLE Studio 3 - Nicole M	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim			*** New Class
7:00-8:00pm INTRO : VINYASA YOGA Studio 2 - Pauline		7:00-8:00pm \$ TAI CHI - GENERAL Studio 1 - Hilary				\$ Paid Class : Please register at Front Desk