

Period	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Period	8:30am - 9:30am Spinning® w/ Vicki	5:45am-6:30am BABC w/ Valerie (R2)	5:45am - 6:30am Yoga for Grunts w/JC (R1)	5:45am-6:45am Spinning® w/Stacie	5:45am-6:30am BABC w/ Jamie	5:45am-6:45am Spinning® w/Alan	8:00am- 9:00am (R2) Step and Sweat w/ Debi
2nd Period	9:00am-10:00am Yoga (R1) “Vinyasa Flow” w/ Emily 9:30am - 10:20 Boot Camp w/Bob (R2)	9:00am-9:45am Spinning® w/Jamie 9:00am – 9:50am Zumba® w/ Jen (R2) 9:00am-10:00am Yoga w/Kristi (R1)	9:00am-10:00am Spinning® w/Val 9:00am - 9:50am Power Kick w/Dani (R2)	9:00am-9:45am Spinning® w/JoAnn 9:00am-9:50am BOSU Total Body w/ Jamie (R2)	9:15am - 10:05am Zumba® w/Jen (R2) 9:15am - 10:15am Spinning® w/Stacie 9:30am-10:20am Rock Your Asana w/Jennifer (R1)	9:00am-9:55am Spinning® w/Jamie 9:00am-9:45am 3,2,1 w/Debi (R2) 9:00am-10:00am “ Yoga Mix ” w/Lisa (R1)	8:30am-9:30am Spinning® w/Bob 9:00am - 10:00am Zumba® (R2) w/ Amity
3rd Period		10:00am– 10:45am Butts and Guts w/Valerie (R2)	10:00am - 10:45am Rock Bodies w/ Debi (R2) 11:15am - 12:00pm Prime Time w/ Chris (R2)	10:00am-10:50am Power Pump w/ Bob(R2) 10:00am-11:00am Pilates w/LuAnn(R1)	10:30am-11:00am (R2) Ladies Only Circuit w/ Vicki	10:00am-11:00am Pilates w/Debi(R2) 11:15am - 12:00pm (R2) Prime Time w/ Chris (R2)	10:00am - 11:00am Yoga “Vinyasa Flow” w/Larry (R1)
Lunch Break							
4th Period		4:30pm-5:30pm Pilates w/ Dani (R2) 5:45pm-6:30pm Rock Your Asana w/ Jennifer (R1)	4:30pm-5:00pm (R2) Ladies Only Circuit w/ Vicki 4:30pm - 5:30pm “ Yoga Mix ” w/Lisa (R1) 5:45pm-6:30pm TRX w/Bob (R1)	4:45pm - 5:45pm Yoga w/ Larry (R1) 5:00pm-5:50pm Zumba Toning w/ Jen (R2)	5:30pm-6:30pm Kettlebell (track) w/ Shelley 5:30pm-6:15pm Zumba Gold® (R2) w/ Virginia	4:30pm-5:20pm Zumba Toning® (R2) w/ Amity 5:45pm-6:45pm (R1) Gentle Yoga w/ Sue	
5th Period		6:00pm-6:45pm Spinning® w/ Bob 6:00pm-6:45pm (R2) Tabata w/ J.C.	6:00pm - 7:00pm Zumba® w/ Amity (R2) 6:00pm - 7:00pm Spinning® w/Maggie	6:00pm-6:45pm Spinning® w//Chris 6:00pm-7:00pm (R2) Power Hour w/ Vicki	6:00pm - 7:00pm PiYo w/ Maggie	5:45pm - 6:35pm Boot Camp w/ Bob (R2)	