

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning Classes						
5:45AM	5:45AM	5:45AM	5:45AM	5:45AM		
BABC <i>Val (R2 45min)</i>	Yoga for Grunts <i>JC (R2 45min)</i>	Spinning® <i>Stacie (60min)</i>	BABC <i>Jamie (45min)</i>	Spinning® <i>Alan (60min)</i>		
9:00AM	9:00AM	8:30AM	8:30AM	8:30AM	8:00AM	8:30AM
Spinning® <i>Jamie (60min)</i> Zumba <i>Jen (R2 50min)</i> Power Flow <i>Kristi (R1 60min)</i>	Spinning® <i>Val (60 min)</i> Power Kick <i>Dani (R2 50min)</i>	Core and More <i>Jamie (R2 30min)</i>	TRX <i>Jamie (R1 45min)</i>	Hard CORE <i>Chris (R2 30min)</i>	Step and Sweat <i>Debi (R2 55min)</i>	Spinning® <i>Vicki (60min)</i>
10:00AM	10:00AM	9:00AM	9:15AM	9:00AM	8:30AM	9:00AM
Butts and Guts <i>Val (R2 45min)</i>	Rock Bodies10am <i>Debi (R2 55min)</i>	Spinning® <i>Chris (60min)</i> BOSU Total Body <i>Jamie (R2 45min)</i>	Spinning® <i>Stacie (60 min)</i> Zumba <i>Jen (R2 50min)</i>	Spinning® <i>Jamie (60min)</i> 3,2,1 <i>Debi (R2 55min)</i> Yoga Mix <i>Lisa (R1 60min)</i>	Spinning® <i>Bob (60min)</i>	Vinyasa Flow <i>Emily (R1 60min)</i>
		10:00AM	9:30AM	10:00AM	9:00AM	9:30AM
		Power Pump <i>Bob (R2 50min)</i> Pilates <i>LuAnn (R1 60min)</i>	Vinyasa Flow <i>Jen (R1 50min)</i>	Pilates <i>Debi (R2 60min)</i>	Zumba® <i>Amity (R2 60min)</i>	Boot Camp <i>Bob (R2 50min)</i>
	11:15AM		10:30AM	11:15AM	10:00AM	
	Prime Time <i>Chris (R2 45min)</i>		Ladies Only Circuit <i>Vicki (R2 45min)</i>	Prime Time <i>Chris (R2 45min)</i>	Vinyasa Flow <i>Larry (R1 60min)</i>	
Evening Classes						
4:30pm	4:30pm	4:45pm	5:00pm	4:30pm		
Pilates <i>Dani (R2 60min)</i>	Ladies Only Circuit <i>Vicki (R2 45min)</i> Yoga Mix <i>Lisa (R1 60min)</i>	Vinyasa Flow <i>Larry (R1 60min)</i>	Zumba Gold® <i>Virginia (R2 45min)</i>	Zumba Toning® <i>Amity (R2 60min)</i>		
5:45pm	5:45pm	5:00pm	5:30pm	5:45pm		
Vinyasa Flow <i>Jen (R1 60min)</i>	TRX <i>Bob (R1 45min)</i>	Zumba® <i>Jen (R2 50min)</i>	Kettlebell <i>Shelley (Track 60min)</i>	Gentle Yoga <i>Sue (R1 60min)</i> Boot Camp <i>Bob (R2 50min)</i>		
6:00pm	6:00pm	6:00pm	6:00pm			
Spinning® <i>Bob (45min)</i> Tabata <i>JC (R2 45min)</i>	Zumba® <i>Amity (R2 60min)</i> Spinning® <i>Maggie (60min)</i>	Spinning® <i>Chris (60min)</i> Power Hour <i>Vicki (R2 60min)</i>	PiYo <i>Maggie (R2 60min)</i>			