

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM		CYCLE CHAD	POUND™ JILL	CYCLE CHAD	STRENGTH CAMP BROOKE		
8:15AM		AQUA POWER KIM		AQUA ZUMBA KIM		AQUA POWER JILL	AQUA POWER JILL/KIM
8:30AM		CYCLE MEGAN	Bootcamp KIRSTIN GENTLE STRETCH KORY	CYCLE FUSION MEGAN	ZUMBA GOLD KIM	CARDIO SURPRISE (30min) KIRSTIN	ZUMBA® (upstairs)NAOKO CYCLE ROTATING
9:00AM						CARDIO INTERVALS (30min) KIRSTIN	FITNESS BOXING ROTATING
9:15AM		AGELESS AQUA KIM YOGA FLOW MIKITA		AGELESS AQUA KIM YOGA FLOW LAURA E.		AGELESS AQUA JILL	
9:30AM	CYCLE BOOTCAMP PAULA	STRENGTH ELLEN	BEYOND BARRE SHELLE INNOVATIVE CHAIR KIM	PILOXING®/ STRENGTH ELLEN	YOGA FLOW SHELLE	BEYOND BARRE (upstairs)KIRSTIN POUND™ KIM	YOGA STEF A. PUMP (9:45) BOBBY
10:30AM	RESTORATIVE YOGA	FUNCTIONAL FITNESS ROTATE		FUNCTIONAL FITNESS PEGGY DANCE I AM, I WILL NAOKO		FUNCTIONAL FITNESS KIM	
	MIKITA						
12:00PM		CYCLE KORY	FITNESS BOXING DAVID	BOOTCAMP KIRSTIN	DEEP STRETCH KORY		
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30PM		FITNESS BOXING CARLOS ZUMBA® (upstairs) VICI CYCLE BOOTCAMP CHAD	FITNESS BOXING JAY PILOXING® SHELLE	FITNESS BOXING CARLOS TURBO KICK® SHELLE	FITNESS BOXING ADAM POUND™ JILL BEYOND BARRE (downstairs) KIRSTIN		
6:30PM		YOGA FLOW LAURA		YOGA FLOW LAURA			
7:30PM					BEGINNER TAI CHI (ADDITIONAL FEE)		