


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-8:00 YES YOU CAN!! MAMA JEN ♦		7:00-8:00 YES YOU CAN!! MAMA JEN ♦			
8:25-9:25 PILATES POLLYANNA	8:30-9:30 ZUMBA CLAUDIA	8:45-9:30 PILOXING BARRE RACHEL	8:30-9:30 ZUMBA CLAUDIA	8:30-9:00 BARRE? LARAYE	8:15-9:15 TABATA INTERVALS NINA ♦	8:15-9:15 CARDIO SCULPT NINA
9:30-10:30 CONSCIOUS FLOW YOGA ELANA	9:30-10:00 JUST ABS WENDY	9:30-10:40 Yoga ELANA	9:30-10:00 JUST ABS WENDY	9:00-10:05 FUN & FIT XFIT LARAYE ♦	9:30-10:30 ZUMBA ENY	9:45-10:45 YOGA LINDA
9:15-10:15 BIKE FIT NINA	10:00-11:00 SCULPT & FIT WENDY ♦	10:45-11:30 CORE ROLLER REGINA	10:00-11:00 SCULPT & FIT WENDY ♦	10:15-11:15 YOGA TONE LINDA	10:45-11:45 CORE ROLLER REGINA	
10:35-11:35 STEP & SCULPT LARAYE	11:05-11:35 STRETCH...ING REGINA		3:00-3:45 Circuit Training JOANNA			
5:30-6:15 TRX CIRCUIT JENNY	3:00-3:45 Circuit Training JOANNA	5:30-6:15 TRX CIRCUIT JENNY	5:30-6:30 Gentle Yoga ELANA		<p>♦ Challenging</p> <p>CLUB HOURS</p> <p>Monday-Thursday 5:30-9:15</p> <p>Friday 5:30-8:00</p> <p>Saturday 7:00-6:00</p> <p>Sunday 7:00-5:00</p> 	
5:30-6:15 Sculpt & Cycle WENDY	5:00-6:00 YOGA TONE LINDA	5:30-6:30 Group Training (FEE) WENDY	6:00-7:00 Free Wheeling ENID			
6:20-7:20 ZUMBA JENNY	6:00-7:00 Free Wheeling ENID	6:20-7:20 ZUMBA JENNY	6:30-7:30 CARDIO FUNK JUNI			
		3:45-5:15 Relief from Pain Julia \$20 (3rd Wed of the month)	7:30-8:30 HULA HOOP HILARY (1st Thurs of the month)	5:30-6:30 Gentle Yoga ELANA (1st Friday of the month)		