

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-8:00 <b>YES YOU CAN!!</b> JEN ♦		7:00-8:00 <b>YES YOU CAN!!</b> JEN ♦			
8:25-9:25 <b>PILATES</b> POLLYANNA	8:30-9:30 <b>ZUMBA</b> CLAUDIA	8:30-9:30 <b>CARDIO FUNK</b> <b>SCULPT</b> JUNI	8:30-9:30 <b>ZUMBA</b> CLAUDIA	8:30-9:00 <b>BARRE?</b> LARAYE	8:15-9:15 <b>TABATA</b> <b>INTERVALS</b> NINA ♦	8:15-9:15 <b>CARDIO</b> <b>SCULPT</b> NINA
9:30-10:30 <b>Yoga</b> ELANA	9:30-10:00 <b>JUST ABS</b> WENDY	9:35-10:40 <b>Yoga</b> ELANA	9:30-10:00 <b>JUST ABS</b> WENDY	9:00-10:05 <b>X-FIT</b> <b>BOOTCAMP</b> LARAYE ♦	9:30-10:30 <b>ZUMBA</b> ENY	9:45-10:45 <b>YOGA</b> LINDA
9:15-10:15 <b>BIKE FIT</b> NINA	10:00-11:00 <b>SCULPT &amp; FIT</b> WENDY ♦	11:00-12:00 <b>Circuit</b> <b>Training</b> <b>Plus</b> KATY	10:00-11:00 <b>SCULPT &amp; FIT</b> WENDY ♦	10:15-11:15 <b>YOGA</b> <b>STONE</b> LINDA	10:45-11:45 <b>CORE</b> <b>ROLLER</b> REGINA	
10:35-11:35 <b>STEP &amp;</b> <b>SCULPT</b> LARAYE	11:05-11:50 <b>STRETCH...</b> <b>ING</b> REGINA		4:00-4:45 <b>Circuit</b> <b>Training</b> KATY			
11:00-12:00 <b>Circuit</b> <b>Training</b> <b>Plus</b> KATY	4:00-4:45 <b>Circuit</b> <b>Training</b> KATY		5:30-6:30 <b>Gentle</b> <b>Yoga</b> ELANA		♦ <b>Challenging</b> <b>CLUB HOURS</b> <u>Monday-Thursday</u> 5:30-9:15 <b>Friday</b> 5:30-8:00 <b>Saturday</b> 7:00-6:00 <b>Sunday</b> 7:00-5:00 Classes are subject to change or cancel without notice.	
5:30-6:20 <b>TRX</b> <b>TRAINING</b> JENNY	5:00-6:00 <b>YOGA</b> <b>STONE</b> LINDA	5:30-6:20 <b>TRX</b> <b>TRAINING</b> JENNY	6:00-7:00 <b>Free</b> <b>Wheeling</b> ENID			
5:30-6:15 <b>Sculpt &amp; Cycle</b> WENDY	6:00-7:00 <b>Free</b> <b>Wheeling</b> ENID	5:30-6:30 <b>Group</b> <b>Training</b> <b>(FEE)</b> WENDY				
6:30-7:30 <b>PIYOJAM</b> JENNY		6:30-7:30 <b>PIYOJAM</b> JENNY	6:30-7:30 <b>CARDIO</b> <b>FUNK</b> JUNI	5:30-6:30 <b>Gentle Yoga</b> ELANA (1st Friday of the month)		

