

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-8:00 YES YOU CAN! JEN ♦		7:00-8:00 YES YOU CAN! JEN ♦			
8:25-9:25 PILATES POLLYANNA	8:30-9:30 ZUMBA CLAUDIA	8:30-9:30 ZUMBA ENY	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 Yoga JENNY	9:30-10:00 JUST ABS WENDY	9:15-10:15 BIKE FIT NINA	9:30-10:00 JUST ABS WENDY	9:00-10:05 X-FIT BOOTCAMP LARAYE ♦	9:30-10:30 ZUMBA ENY	9:45-10:45 YOGA LINDA
10:35-11:35 STEP & SCULPT LARAYE	10:00-11:00 SCULPT & FIT WENDY ♦	9:40-10:40 Yoga ELANA	10:00-11:00 SCULPT & FIT WENDY ♦	10:15-11:15 YOGA STONE LINDA	10:45-11:45 CORE ROLLER DEBBIE	
	11:05-11:35 STRETCH... ING WENDY		4:00-4:45 Circuit Training			
	4:00-4:45 Circuit Training		5:30-6:30 Gentle Yoga ELANA		♦ Challenging CLUB HOURS Monday-Thursday 5:30-9:00 Friday 5:30-7:00 Saturday 7:00-6:00 Sunday 7:00-5:00 Classes are subject to change or cancel without notice.	
5:30-6:20 TRX TRAINING JENNY	5:00-6:00 YOGA STONE LINDA	5:30-6:20 TRX TRAINING JENNY	6:00-7:00 Free Wheeling ENID			
5:30-6:15 Sculpt & Cycle WENDY	6:00-7:00 Free Wheeling ENID	5:30-6:30 Group Training (FEE) WENDY	6:30-7:30 CORE FIT EFREN			
6:30-7:30 ZUMBA JENNY		6:30-7:30 ZUMBA JENNY		5:30-6:30 Gentle Yoga STARR (1st Friday of the month)		

