

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CycleWorkZ 5:15 - 6:00am Studio A - Brooke	Team Training 5:45 - 6:45am LAC - Stacey	PIYo-New! 5:15 - 6:00am Dance Studio - Dana	Team Training 5:45 - 6:45am LAC - Stacey	ConditionU 5:15 - 6:00am Dance Studio - Brooke	CycleWorkZ 7:15 - 8:00am Studio A - Ann	
Flex It 7:45 - 8:45am Studio A - Jo	Fit n' Stretch 8:00 - 9:00am Studio B - Lana	Flex It 7:45 - 8:45am Studio A - Jo	Fit n' Stretch 8:00 - 9:00am Studio B - Lana	Totally Tone 7:45 - 8:45am Studio A - Jo	Small Group Training 8:15 - 9:15am LAC - Marco	
			 POUND 8:30 - 9:15am Dance Studio - Sara	Pilates Tone 8:30 - 9:30am Dance Studio - Lana	BootyBarre 8:00 - 8:45am Dance Studio - Aneta	
Team Training 9:15 - 10:15am LAC - Stacey	Team Training 9:15 - 10:15am LAC - Stacey	Small Group Training 9:15 - 10:15am LAC - Brooke	Team Training 9:15 - 10:15am LAC - Stacey	Small Group Training 9:15 - 10:15am LAC - Stacey	FLEX IT 8:15 - 9:15am Studio A - Laura	SunRise Yoga 9:00 - 10:00am Studio B - Catherine
Yoga Restore 9:15 - 10:15am Studio B - Nikki	Cardio Strength 9:15 - 10:15am Studio A - Lana	Yoga w/ Board 9:00 - 10:00am Studio B - Nikki	Cardio Strength 9:15 - 10:15am Studio A - Lana	Zumba 9:30 - 10:30am Studio A - Anna	Yoga Restore 9:00 - 10:00am Studio B - Kathy	
 POUND 9:30 - 10:15am Dance - Adrienne	Condition U 9:30 - 10:30am Dance Studio - Amy	Turbo Kick 9:30 - 10:30am Dance - Adrienne	Condition U 9:30 - 10:30am Dance Studio - Amy	Turbo Kick 9:30 - 10:30am Dance Studio - Jessica	Team Training 9:30 - 10:30am LAC - Marco	
Totally Tone 9:30 - 10:30am Studio A - Sara	Yoga Tone 9:30 - 10:30am Studio B - Holly	Totally Tone 9:30 - 10:30am Studio A - Amy	PIYo - NEW! 9:30 - 10:30am Studio B - Dana	Yoga w/ Board 9:45 - 10:45am Studio B - Dana	Zumba Toning 9:30 - 10:30am Studio A - Beth	
CycleWorkZ 10:30 - 11:15am Studio A - TBA	Bootybarre 10:30 - 11:15am Dance Studio - Taylor	Zumba 10:30 - 11:30am Dance Studio - Axana		Bootybarre 10:30 - 11:15am Dance Studio - Taylor	Yoga Junior 10:15 - 11:15am Studio B - Kathy	
		Yoga Tone 10:30 - 11:30am Studio B - Emily				
Fit L.I.T.E 11:30am - 12:15pm Studio A - Barb	SilverYoga (chair) 11:30 - 12:30pm Studio B - Catherine	SilverSneakers Classic 11:30 - 12:15pm Studio A - Barb		SilverSneakers Classic 12:30pm - 1:15pm Studio A - Barb		
Team Training 12:00 - 1:00pm LAC - Stacey	Cycle Workz EXPRESS 12:15 - 12:50pm Studio A - TBA	Team Training 12:00 - 1:00pm LAC - Marco	Cycle Workz EXPRESS 12:15 - 12:50pm Studio A - TBA	Team Training 12:00 - 1:00pm LAC - Dana		
SilverYoga (chair) 4:00 5:00pm Studio B - TBA	SilverSneakers Classic 4:00 - 4:45pm Studio A - Amy		SilverSneakers Circuit 4:00 - 4:45pm Studio A - Amy			
	Small Group Training 4:45 - 5:45pm LAC - Marco	Totally Tone 5:00 - 5:45pm Studio A - TBA			<p>Effective 6/3/18 - 8/31/18</p> <p>CycleWorkZ is now in STUDIO A!!!</p> <p> POUND - new on passport!</p> <p>Black classes: passport classes.</p> <p>Red classes: specialty class that requires registration. Additional costs apply.</p> <p>Highlighted classes: SilverSneakers</p>	
ConditionU 5:00 - 5:50pm Studio A - Amy	Teen Yoga 5:15 - 6:15pm Studio B - Lauren	Yoga Tone 5:00 - 6:00pm Studio B - Kathy	CycleWorkz 5:30 - 6:15pm Studio A - Ann			
CycleWorkz 6:00 - 6:45pm Studio A - Ann	Zumba 6:00 - 6:50pm Studio A - Aneta	 POUND 6:00 - 6:50pm Studio A - Jessica	Zumba 6:00 - 6:50pm Studio A - Axana			
Team Training 6:00 - 7:00pm LAC - TBA	FLEX IT 6:30 - 7:30pm Dance Studio - Laura	Yoga w/ Board 6:30 - 7:30pm Studio B - Kathy	FLEX IT 6:30 - 7:30pm Dance Studio - Laura			
Yoga Challenge 7:45 - 8:45pm Studio B - Nikki	Team Training 6:30 - 7:30pm LAC - Marco		Small Group Training 6:30 - 7:30pm LAC - Marco			