

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	6:45am Weighted Workout Karen 9:15am Step Nancy 10:30am Pilates Mat Kaita 12:15pm Nia Gabi 4:00pm Cardio Funk Johnny 5:30pm Pilates Sculpt Beth 6:30pm Go Go Dance Natalie	5:45am Boxing Bootcamp Beth 9:15am Cardio Xtraining Nancy 10:30am Pilates Mat Amythyst 12:15pm H.I.I.T Joy 1:15pm Pilates Mat Joy 4:00pm Hip Hop Tamarr 5:30pm Boxing Tawnee 6:30pm JFX Bootcamp Jacob	6:45am Weighted Workout Karen 8:15am Step Nancy 9:15am Cardio Box Natalie 10:30am Pilates Sculpt Hazel 12:15pm Pilates Mat II Sarah 5:15pm Weighted Workout Karen 6:15pm Hip Hop Chizuko 7:15pm Ballroom Dance Caroline & James	5:45am Boxing Bootcamp Chrissie 9:15am JFX Bootcamp Jacob 10:30 Pilates Mat II Cecily 12:15pm Body Sculpting (75 min) Liz 1:30 pm Roll & Release (30 min) Liz 4:00pm Zumba Karina 5:30pm Boxing Joslyn 6:30pm Brazilian Dance Vanessa	6:45am Weighted Workout Karen 9:15am Nia Sarah 10:30am Pilates Hazel 12:15pm Core & More Rita 5:30pm Hip Hop Tamarr	7:00am Weighted Workout Karen 8:30am Hi Low Karen 9:30am Body Sculpting Joy 10:30am Zumba Karina	9:00am Yoga II (75 min.) Karen 10:30 Hip Hop Chizuko 11:30am Yoga (75 min.) Lani
STUDIO 2	7:00am Yoga Tina 9:15am Yoga (75 min.) Ninaya 12:15pm Basic Yoga Dawn 1:30pm Roll & Release Kristine 5:30pm Moving Ballet Amythyst 6:30pm Yoga II (75 min.) Sven	9:00am <i>Senior Fit Movement</i> Beth 10:00 am 15 minute Stretch Shem 11:30am Yoga Karl 5:30pm Yoga (75 min.) Emma	7:00am Yoga Dawn 9:15am Gentle Yoga Gloria 10:45am <i>Senior Fit Tai Chi</i> Chris 12:15pm Basic Yoga (75 min.) Nicole 5:30pm Nia Hazel 6:30pm Pilates Mat Cybil	9:15am Yoga (75 min.) Dorothea 11:30am Yoga (75 min.) Paul 1:00pm <i>Senior Fit Body Condit.</i> Scott 5:30pm Yoga II (75 min.) Rita	7:00am Yoga Kaita 9:15am Power Yoga (75 min.) Karen 10:45am Tai Chi Chris 12:15pm Nia Hazel 5:30pm Yoga (75 min.) Dorothea	8:15am Pilates Michele 10:00am Yoga (30 min.) Steven 11:30am Basic Yoga (75 min.) Carol	10:30am Pilates Debbie/Hazel
SPINNING	5:45am Spin (45 min.) Karen 9:15am Spin Core Karen 12:15pm Spin Core Kirk 4:00pm Endurance Spin Steven 5:30pm Spin (45 min.) Carlos	7:00am Spin Core Scott 9:15am Spin (45 min.) Shem 5:30pm Endurance Spin Shem	5:45am Spin (45 min.) Karen 9:15am Spin (45 min.) Shem 12:15pm Spin (45 min.) Beth 4:00pm Spin Core Debbie 5:30pm Spin Stretch Steven 6:30pm Spin (45 min.) Tawnee	7:00am Spin Core Pete 5:30pm Endurance Spin Sergio	5:45am Spin (45 min.) Karen 9:15am Spin Core Debbie 12:15pm Spin Core Kirk 5:30pm Spin (45 min.) Chrissie	7:45am Spin (45 min.) Karen 9:00am Spin Yoga (Yoga 10:00, Studio 2) Steven	8:15am Spin (45 min.) Karen 10:00am Endurance Spin Donna 5:15 pm Spin Sergio
AQUA	7:00am Fitness Swim Nancy 8:30 am Aqua Yoga Mara 5:30pm Aqua Aerobics Teresa	8:30am Aqua Aerobics Mara 6:00pm Masters Swim Annie	7:00am Fitness Swim Nancy 5:30pm Deep Water Aqua Aerobics Mara	8:30am Aqua Aerobics Nancy 6:00pm Masters Swim Annie	7:00am Fitness Swim Annie 8:30am Deep Water Aqua Aerobics Nancy		9:30am Aqua Aerobics Mara