

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 BIKE Andrea	6:15 XROW Kelly	6:15 BIKE Tara	6:15 TRX/TABATA Andrea	6:15 FUNCTIONAL STRENGTH Andrea		
8:00 TABATA Andrea	8:00 FULL BODY CONDITIONING Sami	8:00 PILATES Kelly	8:00 TRX/INTERVAL Andrea	8:00 BIKE Nikki	8:00 BIKE Andrea	9:00 BIKE Kelly
9:15 FIGHTCLUB Andrea	9:15 BARRE Sami	9:15 TIDALWAVE Kelly	9:15 FUNCTIONAL STRENGTH Kelly	8:00 ROW/LIFT Andrea	9:00 BIKE Kelly	9:00 FUNCTIONAL STRENGTH Andrea
9:15 BIKE Kelly	9:30 YOGA Kim	9:30 HIP OPENER YOGA Kim		9:15 BIKE Nikki	9:00 MAXOUT Andrea	9:30 HATHA YOGA Alanna
9:30 YOGA Betty	10:15 TRX/INTERVAL Andrea	10:15 TIDALWAVE Kelly	9:30 HATHA YOGA Alanna	9:15 ROW/LIFT Sami	10:00 ZUMBA Carolyn	10:00 ABS AND ASS Sami
10:15 XROW Kelly	11:30 BEGINNER TRX/ TABATA Andrea	11:30 ACTIVE AGING ROW Michelle	10:30 ABS&ASS Sami	9:30 VINYASA FLOW YOGA Betty	11:00 PILATES Kelly	11:00 XROW Nikki
10:45 SILVER RIDERS Michelle	4:45 TRX/INTERVAL Kelly	11:30 GENTLE YOGA Kim	10:45 SILVER RIDERS Michelle	10:15 ROW/LIFT Andrea		
11:30 GENTLE YOGA Betty	5:45 BARRE Sami	4:45 BIKE Nikki	11:30 BEGINNER PUMP Carolyn	11:30 STRETCH & STRENGTH		
11:30 BEGINNER PUMP Carolyn	6:45 BEGINNER BIKE/ ABS Tara	4:45 POWER FLOW YOGA Laken	4:45 BIKE Alannah	4:45 FIGHTCLUB Andrea		
4:45 BIKE Nikki	7:00 HATHA YOGA Betty	5:45 INTERVAL Sami	5:45 XROW Alannah			
5:30 XROW Kelly		6:45 ZUMBA Carolyn	6:45 BALLS AND BANDS Kim			
6:30 ABS&ASS Sami		7:30 MEDITATION Kim				