

STUDIO A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.	BodyCombat Aki/Glenda		HIIT Circuits Blanche		BodyPump Ebony		
8:00 a.m.		BodyPump Shellie		BodyPump Shellie			
8:05 a.m.						BodyCombat 45 Mario	
9:00 a.m.	BodyStep Monica	BodyAttack Katie	BodyStep Monica	BodyCombat Katie	BodyStep Monica	BodyStep Sherry	
10:05 a.m.	BodyPump Monica	GRIT Strength Katie	BodyPump Cara	GRIT Strength Cara	BodyPump Josie	BodyPump Else	
12:00 p.m.		BodyPump Josie		BodyPump Monica			
12:30 p.m.							Zumba Roy / Sandra / Rhonda
4:00 p.m.							BodyPump Sherry
4:25 p.m.	BodyCombat Katie						
5:00 p.m.							BodyCombat Mario
5:30 p.m.	BodyPump Julieta	BodyAttack Trisy	BodyPump Lacy	BodyStep Carrie	GRIT Strength Carrie		
6:05 p.m.					BodyCombat 45 Mario		
6:35 p.m.	BodyStep Sherry	BodyPump Else	BodyCombat Mario	BodyPump Else			
7:35 p.m.		BodyCombat Scott		BodyCombat Scott			

STUDIO C - CYCLING STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.	Road Ride Blanche	Cycle to the Core Blanche		HIIT Cycle Blanche			
9:00 a.m.	RPM Cheryl	Road Ride Josie	RPM Josie	Road Ride Josie	Road Ride Ashley	RPM Else / Cecy	
12:00 p.m.			RPM Cheryl				Road Ride Monica
5:45 p.m.		Road Ride Bethany		RPM Lacy			
6:15 p.m.	RPM Krista						
6:30 p.m.			SPRINT Krista				

STUDIO B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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9:00 a.m.		Sh'Bam Monica		Dance Cardio Shellie			
10:00 a.m.						Cardio Salsa Sandra	
10:15 a.m.	Barre-less Alicia		Barre-less Sarah		Barre-less Katie		
5:30 p.m.		Zumba Rhonda					
5:45 p.m.	Cardio Salsa Sandra		Cardio Salsa Sandra				
6:35 p.m.		Zumba Nataliia		Zumba Toning Roy			
6:45 p.m.	Zumba Toning Roy		Zumba Sandra				

MIND BODY DANCE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 a.m.	Yoga Salinda		Yoga Salinda		Yoga Salinda		
8:00 a.m.	Sculpt & Stretch Lisa L.	Cardio Sculpt Danielle	Sculpt & Stretch Lisa L.	Tai Chi Danielle	Cardio Sculpt Danielle		
9:00 a.m.	BodyCombat Katie	Pilates Sculpt Jen	Dance Cardio Aki	Pilates Sculpt Jen	Zumba Lisa L.	Les Mills Core Scott	
10:15 a.m.	Yoga Helen	Yoga Helen	BodyBalance Danielle	Yoga Helen	BodyBalance Danielle		
10:30 a.m.						Yoga Mady	
12:00 p.m.	Restorative Yoga / Meditation Danielle		Beginner Yoga David		Yoga Helen		
1:00p.m.							Tai Chi 25 Danielle
1:30 p.m.		Yoga Salinda		Yoga Salinda			BodyBalance Danielle
2:30 p.m.							Meditation Danielle
5:30 p.m.	Barre-less Alicia	Vinyasa Yoga Mady	Les Mills Core Scott	Vinyasa Yoga Mady			
6:30 p.m.	Yoga Salinda	Yoga Helen	Yoga Salinda	Yoga Helen			