


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>CLUB FITNESS</b> Susan <b>CARDIO</b>	<b>LES MILLS</b> Becky <b>BODYPUMP</b>	<b>CLUB FITNESS</b> Gale <b>CARDIO</b>	<b>LES MILLS</b> Jenna <b>BODYPUMP</b>	<b>CLUB FITNESS</b> Cheryl <b>YOGA</b>	9:00 AM	<b>CLUB FITNESS</b> Dawn <b>STEP</b>	
10:00 AM	<b>LES MILLS</b> Maria <b>BODYPUMP</b>	<b>LES MILLS</b> Julie <b>BODYCOMBAT</b>	<b>LES MILLS</b> Becky <b>BODYPUMP</b>	<b>CLUB FITNESS</b> Cheryl <b>CORE</b> 45min	<b>LES MILLS</b> Lori <b>BODYCOMBAT</b>	10:00 AM	<b>LES MILLS</b> Jenna <b>BODYPUMP</b>	
10:30 AM						10:30 AM		 <b>ZUMBA</b> Jing
11:00 AM	<b>LES MILLS</b> Maria <b>BODYFLOW</b>		<b>LES MILLS</b> Becky <b>BODYFLOW</b>	<b>CLUB FITNESS</b> Cheryl <b>YOGA</b>	<b>LES MILLS</b> Amy <b>BODYFLOW</b>	11:00 AM	<b>PIYO</b> Jenna	
11:30 AM						11:30 AM		<b>CLUB FITNESS</b> Rhonna <b>YOGA</b>
12:00 PM		<b>LES MILLS</b> Nancy 45 min <b>BODYPUMP</b>	<b>CLUB FITNESS</b> Nancy 45min <b>YOGA</b>	<b>LES MILLS</b> Nancy 45 min <b>BODYPUMP</b>				
5:00 PM		<b>CLUB FITNESS</b> Frannie <b>STRENGTH</b>						
5:30 PM	<b>LES MILLS</b> Amy <b>BODYPUMP</b>		<b>LES MILLS</b> Kirstie <b>BODYPUMP</b>					
6:00 PM		<b>PIYO</b> Jacqui		 <b>ZUMBA</b> Heather				
6:30 PM	<b>LES MILLS</b> Amy 30 min <b>BODYFLOW</b>		<b>LES MILLS</b> Maria <b>BODYFLOW</b>					
7:00 PM	 <b>ZUMBA</b> Rocio	<b>LES MILLS</b> Jacqui <b>BODYPUMP</b>						

## CYCLE STUDIO

9:00 AM			<b>CLUB FITNESS</b> Becky <b>CYCLE</b>			9:00 AM	<b>CLUB FITNESS</b> Amber <b>CYCLE</b>	
10:00 AM		<b>CLUB FITNESS</b> Susan <b>CYCLE</b>		<b>CLUB FITNESS</b> Susan <b>CYCLE</b>	<b>CLUB FITNESS</b> Sharon <b>CYCLE</b>	10:00 AM		
10:30 AM						10:30 AM		<b>CLUB FITNESS</b> Amber <b>CYCLE</b>
12:00 AM	<b>CLUB FITNESS</b> Sharon 45min <b>CYCLE</b>							
5:30 PM	<b>CLUB FITNESS</b> Melissa <b>CYCLE</b>		<b>CLUB FITNESS</b> Amber <b>CYCLE</b>					
6:00 PM		<b>CLUB FITNESS</b> Steve <b>CYCLE</b>		<b>CLUB FITNESS</b> Amber <b>CYCLE</b>				

All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.