

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45 AM	<b>LES MILLS</b> Michelle <b>BODYPUMP</b>		<b>LES MILLS</b> Kathie N <b>BODYPUMP</b>		<b>LES MILLS</b> Kathie N <b>BODYPUMP</b>	5:45 AM		
8:00 AM						8:00 AM	<b>LES MILLS</b> Carrie <b>BODYPUMP</b>	
8:15 AM		<b>CLUB FITNESS</b> <b>HIIT</b> Karen			<b>ZUMBA</b> Maria	8:15 AM		<b>LES MILLS</b> Kathie <b>BODYPUMP</b>
8:45 AM	<b>ZUMBA</b> Maria					8:45 AM		
9:00 AM			<b>CLUB FITNESS</b> <b>YOGA</b> Chelsie			9:00 AM		
9:15 AM		<b>CLUB FITNESS</b> <b>STEP</b> Gale		<b>CLUB FITNESS</b> Lori <b>INTERVALS</b>		9:15 AM	<b>CLUB FITNESS</b> Gale/ <b>STEP</b> Trudy	
9:30 AM					<b>CLUB FITNESS</b> <b>YOGA</b> Angeline	9:30 AM		<b>ZUMBA</b> Eileen
9:45 AM	<b>LES MILLS</b> Sharon <b>BODYPUMP</b>					9:45 AM		
10:00 AM			<b>CLUB FITNESS</b> Tisha <b>TABATA</b>			10:00 AM		
10:15 AM				<b>LES MILLS</b> Lori A <b>BODYPUMP</b>		10:15 AM	<b>RIPPED</b> Rhonna 45min	
10:30 AM						10:30 AM		<b>ZUMBA</b> Jennifer S
11:00 AM	<b>CLUB FITNESS</b> Tami <b>MINDFUL YOGA</b>					11:00 AM	<b>LES MILLS</b> Tracey <b>BODYPUMP</b> 45min	
11:30 AM				<b>ZUMBA</b> Secunda		11:30 AM		<b>CLUB FITNESS</b> Jen <b>VINYASA</b>
12:00 PM	<b>ZUMBA</b> Melanie				<b>CLUB FITNESS</b> <b>YOGA</b> Michael	12:00 PM	<b>ZUMBA</b> Rachel	
12:45 PM						12:45 PM		<b>CLUB FITNESS</b> Tami <b>MINDFUL YOGA</b>
1:00 PM						1:00 PM	<b>STRONG</b> Crystal	
						2:00 PM	<b>ZUMBA</b> Crystal	
3:45 PM			<b>ZUMBA</b> Isabel					
4:15 PM	<b>CLUB FITNESS</b> Jim <b>PILOGA</b>							
4:45 PM				<b>RIPPED</b> Melinda	<b>LES MILLS</b> Robin S <b>BODYPUMP</b>			
5:00 PM		<b>CLUB FITNESS</b> Gary <b>PILATES</b> 45 min	<b>CLUB FITNESS</b> 45min <b>CORE</b> Rhonna					
5:15 PM	<b>CLUB FITNESS</b> <b>HIIT</b> Melinda							
5:45 PM	<b>TURBO TRICK</b> Melinda	<b>LES MILLS</b> Gale <b>BODYPUMP</b>		<b>TURBO TRICK</b> Gina				
6:00 PM					<b>STRONG</b> Crystal 30min			
6:15 PM	<b>TURBO TRICK</b> Jenn							
6:45 PM	<b>LES MILLS</b> Jenna K <b>BODYPUMP</b>			<b>ZUMBA</b> Rachel	<b>ZUMBA</b> Crystal			
6:55 PM			<b>DFM</b> 45min Trainer					
7:20 PM	<b>LES MILLS</b> Kirstie <b>BODYPUMP</b>							
7:45 PM			<b>CLUB FITNESS</b> Gary <b>PILATES</b>	<b>LES MILLS</b> Kirstie <b>BODYPUMP</b>				



## CYCLE STUDIO

5:45 AM		<b>SPINNING</b> Shelly		<b>SPINNING</b> Robin S		5:45 AM		
8:15 AM				<b>SPINNING</b> Lori A		8:15 AM	<b>SPINNING</b> Shelly	
8:30 AM	<b>SPINNING</b> Sharon				<b>SPINNING</b> Angeline D	8:30 AM		
9:00 AM						9:00 AM		
9:15 AM		<b>SPINNING</b> Stacey				9:15 AM		
9:30 AM						9:30 AM		
12:00 PM			<b>SPINNING</b> Sharon	<b>SPINNING</b> Sharon		12:00 PM		
5:00 PM				<b>SPINNING</b> Robin S		5:00 PM		
5:30 PM	<b>SPINNING</b> Shelly					5:30 PM		
5:45 PM		<b>SPINNING</b> Michelle P				5:45 PM		

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.