

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	CLUB FITNESS CORE Heather	LES MILLS BODY PUMP Heather	CLUB FITNESS HIIT Heather	LES MILLS BODY PUMP Trish				
7:45 AM						7:45 AM	LES MILLS BODY PUMP Sara	
8:00 AM						8:00 AM	CLUB FITNESS SYNERGY Trainer	
9:00 AM			ZUMBA Ashley		ZUMBA Ashley	9:00 AM	CLUB FITNESS STEP Roz	
10:00 AM	STRONG Paula			STRONG Amanda D		10:00 AM	ZUMBA Tracy M.	
11:00 AM			CLUB FITNESS CORE Vanessa			11:00 AM	CLUB FITNESS YOGA Tracy M.	
12:00 PM						12:00 PM	MIXEDFIT Ayako	
5:00 PM	CLUB FITNESS HIIT Heather	LES MILLS BODY PUMP Samone	CLUB FITNESS CORE Heather	CLUB FITNESS CARDIO Karla		2:00 PM		MIXEDFIT Regina
6:00 PM	CLUB FITNESS YOGA Tracy M.	STRONG Abby	ZUMBA Erika	ZUMBA Michelle B.				
6:30 PM				CLUB FITNESS SYNERGY Trainer	ZUMBA Latoya			
7:00 PM	ZUMBA Tracey	LES MILLS BODY PUMP Heather	CLUB FITNESS STEP Roz	LES MILLS BODY PUMP Cindy				

CYCLE STUDIO

5:00 AM	CLUB FITNESS CYCLE Lisa			CLUB FITNESS CYCLE Heather	CLUB FITNESS CYCLE Alicia	5:00 AM		
5:30 AM		CLUB FITNESS CYCLE Jennie	CLUB FITNESS CYCLE Trish			5:30 AM		
7:00 AM						7:00 AM	CLUB FITNESS CYCLE Jenny	CLUB FITNESS CYCLE Lina
8:00 AM	CLUB FITNESS CYCLE Nancy		CLUB FITNESS CYCLE Nancy	CLUB FITNESS CYCLE Regina		8:00 AM		
8:30 AM						8:30 AM	CLUB FITNESS CYCLE Lina	CLUB FITNESS CYCLE Lina
9:00 AM		CLUB FITNESS CYCLE Wanda				10:00 AM	CLUB FITNESS CYCLE Alicia	
5:00 PM	CLUB FITNESS CYCLE Lina	CLUB FITNESS CYCLE Lisa	CLUB FITNESS CYCLE Marchelli	CLUB FITNESS CYCLE Alicia	CLUB FITNESS CYCLE Heather			
6:00 PM	CLUB FITNESS CYCLE Deambre		CLUB FITNESS CYCLE Alicia	CLUB FITNESS CYCLE Lina				
6:15 PM		CLUB FITNESS CYCLE Quinn						

BURN ZONE

5:45 AM	BURN ZONE Latrice		BURN ZONE Samone		BURN ZONE Samone			
6:15 AM		BURN ZONE Latrice		BURN ZONE Latrice				
7:00 AM	BURN ZONE Latrice		BURN ZONE Latrice		BURN ZONE Latrice			
8:15 AM						8:15 AM	BURN ZONE Cindy	
9:30 AM	BURN ZONE Marchelli	BURN ZONE Josh	BURN ZONE Marchelli	BURN ZONE Josh	BURN ZONE Josh	9:30 AM	BURN ZONE Samone	
5:30 PM	BURN ZONE Jordan	BURN ZONE Lane	BURN ZONE Jordan	BURN ZONE Jordan	BURN ZONE Jordan			
6:45 PM	BURN ZONE Willie	BURN ZONE Jordan	BURN ZONE Jordan	BURN ZONE Willie				

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.