

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

CYCLE STUDIO

5:00 AM	CLUB FITNESS CYCLE Lisa			CLUB FITNESS CYCLE Heather	CLUB FITNESS CYCLE Lisa	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 Lisa	CLUB FITNESS CYCLE Lisa
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						
5:00 PM	CLUB FITNESS CYCLE Lina	CLUB FITNESS CYCLE Lisa	CLUB FITNESS CYCLE Lisa	CLUB FITNESS CYCLE Alicia	CLUB FITNESS CYCLE Heather			
6:00 PM	CLUB FITNESS CYCLE Deambre		CLUB FITNESS CYCLE Lisa	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 Josh	BURN ZONE Josh	BURN ZONE Josh	BURN ZONE Melanie	BURN ZONE Josh	9:30 AM	BURN ZONE Samone	
5:30 PM	BURN ZONE Jordan	BURN ZONE Brandon	BURN ZONE Jordan	BURN ZONE Jordan	BURN ZONE Jordan			
6:45 PM	BURN ZONE Jordan	BURN ZONE Jordan	BURN ZONE Jordan	BURN ZONE Brandon				

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.