

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM						8:00 AM	ZUMBA Heather	
8:45 AM	CLUB FITNESS YOGA Jill					8:45 AM		
9:00 AM			CLUB FITNESS HIIT Emily	CLUB FITNESS HIIT Amy		9:00 AM	POUND Alicia <small>RECKLESS WORKOUT</small>	CLUB FITNESS YOGA Jill
10:00 AM		CLUB FITNESS PILOGA Jill		CLUB FITNESS YOGA Jill		10:00 AM	PIYO Amanda	ZUMBA Heather
11:00 AM						11:00 AM	Turbo KICK Regan	
5:00 PM	CLUB FITNESS YOGA Jill	ZUMBA Heather	CLUB FITNESS STRENGTH Trudy	CLUB FITNESS CORE Carolyn	ZUMBA Heather			
6:00 PM	CLUB FITNESS HIIT Trinity	CLUB FITNESS PILOGA Jill	CLUB FITNESS YOGA Nancy	ZUMBA Shana				
7:00 PM	ZUMBA Makeba	Turbo KICK April B	DFM Trainer					
8:00 PM	CLUB FITNESS PILATES Gary		ZUMBA David					

CYCLE STUDIO

5:00 AM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	5:00 AM	LesMILLS RPM	LesMILLS RPM
6:00 AM	LesMILLS sprint Tom	CLUB FITNESS CYCLE Terrilyn	LesMILLS sprint Tom	CLUB FITNESS CYCLE Deb	CLUB FITNESS CYCLE Terrilyn	6:00 AM	LesMILLS sprint	LesMILLS sprint
7:30 AM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	7:30 AM	LesMILLS RPM	LesMILLS RPM
9:00 AM	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Jeonne	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	9:00 AM	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Deb
10:30 AM & 11:30 AM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	10:30 AM & 11:30 AM	LesMILLS RPM	LesMILLS RPM
12:30 AM	LesMILLS sprint	LesMILLS sprint	LesMILLS sprint	LesMILLS sprint	LesMILLS sprint	12:30 AM	LesMILLS sprint	LesMILLS sprint
1:30 PM & 2:30 PM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	1:30 PM & 2:30 PM	LesMILLS RPM	LesMILLS RPM
3:30 PM	LesMILLS sprint	LesMILLS sprint	LesMILLS sprint	LesMILLS sprint	LesMILLS sprint	3:30 PM	LesMILLS sprint	LesMILLS sprint
4:30 PM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	4:30 PM	LesMILLS RPM	LesMILLS RPM
6:00 PM	CLUB FITNESS CYCLE Steph	LesMILLS sprint	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Jill	LesMILLS sprint	6:00 PM	LesMILLS sprint	LesMILLS sprint
7:30 PM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	7:30 PM	LesMILLS RPM	LesMILLS RPM

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.