

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY		
8:00 AM		<b>CLUB FITNESS</b> Jody <b>STRENGTH</b>	<b>CLUB FITNESS</b> Julie <b>STRENGTH</b>	<b>CLUB FITNESS</b> Camille <b>STEP STRENGTH</b>		8:00 AM	<b>LES MILLS</b> Katie <b>BODYPUMP</b>			
8:15 AM	<b>POUND</b> Martha 45min									
8:30 AM					<b>CLUB FITNESS</b> Erin <b>STRENGTH</b>	8:30 AM				
9:00 AM	<b>CLUB FITNESS</b> Amy <b>STRENGTH</b>	<b>CLUB FITNESS</b> Amy <b>CARDIO</b>	<b>Turbo KICK</b> Julie	<b>CLUB FITNESS</b> Karen <b>HIIT</b>		9:00 AM	<b>ZUMBA</b> Makeba FITNESS	<b>Turbo KICK</b> Kirstie		
9:30 AM					<b>CLUB FITNESS</b> Amy <b>STEP</b>	9:30 AM				
10:00 AM	<b>LES MILLS</b> Amy <b>BODYFLOW</b>	<b>CLUB FITNESS</b> Rebecca <b>VINYASA</b>	<b>CLUB FITNESS</b> Rebecca <b>VINYASA</b>	<b>CLUB FITNESS</b> Jim <b>YOGA</b>		10:00 AM	<b>CLUB FITNESS</b> Trinity <b>HIIT</b>	<b>LES MILLS</b> Kirstie <b>BODYPUMP</b> 45 min		
11:00 AM						11:00 AM	<b>CLUB FITNESS</b> Joan <b>YOGA</b>	<b>CLUB FITNESS</b> Meg <b>VINYASA</b>		
12:00 PM		<b>CLUB FITNESS</b> Moira <b>BARRE</b>				12:00 PM				
4:30 PM	<b>CLUB FITNESS</b> Moira <b>BARRE</b>	<b>PiYO</b> Erin								
5:00 PM			<b>ZUMBA</b> Sharde FITNESS	<b>PiYO</b> Jessica						
5:30 PM	<b>URBAN KICK</b> Carolyn	<b>ZUMBA</b> Grace FITNESS								
6:00 PM			<b>CLUB FITNESS</b> Rebecca <b>VINYASA</b>	<b>Turbo KICK</b> Jessica						
6:30 PM	<b>ZUMBA</b> Grace FITNESS	<b>LES MILLS</b> Tracey <b>BODYPUMP</b>								
7:00 PM			<b>LES MILLS</b> Rachel <b>BODYPUMP</b>	<b>LES MILLS</b> Shaylea <b>BODYPUMP</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.