











TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM		LES MILLS BODYPUMP Diane	CLUB FITNESS YOGA Valerie	CLUB FITNESS HIIT Liz 45min	LES MILLS BODYPUMP Patricia	5:00 AM		
7:00 AM						7:00 AM	LES MILLS BODYPUMP Robin	
8:00 AM						8:00 AM	CLUB FITNESS STEP Holly	
8:30 AM	CLUB FITNESS CORE Rebecca		CLUB FITNESS CORE 45min Rebecca	CLUB FITNESS STRENGTH 45min Liz	 Sharon 45min	8:30 AM		
8:45 AM		 Annie				8:45 AM		
9:00 AM						9:00 AM	LES MILLS BODYPUMP Holly	RIPPED THE ONE STOP BOOTCAMP Jacquie
9:15 AM	CLUB FITNESS CARDIO Lori		CLUB FITNESS CORE Nancy	CLUB FITNESS KICKBOXING Nancy	CLUB FITNESS CORE Nancy 15min	9:15 AM		
9:30 AM					CLUB FITNESS STEP Nancy	9:30 AM		
9:45 AM		CLUB FITNESS INTERVALS Cheryl 45 min				9:45 AM		
10:00 AM	LES MILLS BODYPUMP Lori					10:00 AM	CLUB FITNESS PILATES Mary	LES MILLS BODYPUMP Jacquie
10:15 AM			LES MILLS BODYPUMP Sharon			10:15 AM		
10:30 AM		CLUB FITNESS VINYASA Cheryl		CLUB FITNESS MINDFUL YOGA Tami	CLUB FITNESS PILATES Cheryl	10:30 AM		
11:00 AM						11:00 AM	 Cindy	
11:15 AM						11:15 AM		 Shannon
12:00 PM						12:00 PM	 Cindy	
4:30 PM	CLUB FITNESS CARDIO Liz 45 min				 Eileen			
4:45 PM		CLUB FITNESS STRENGTH Pam 45 min	CLUB FITNESS CORE Dawn 15min					
5:00 PM			CLUB FITNESS STEP Dawn 45min					
5:30 PM	LES MILLS BODYPUMP Robin	TURBO TRICK Pam			CLUB FITNESS KICKBOXING Holly			
5:45 PM			RIPPED THE ONE STOP BOOTCAMP Jacquie 45min					
6:00 PM				LES MILLS BODYPUMP Jacquie				
6:30 PM	CLUB FITNESS STEP Holly	LES MILLS BODYPUMP Sara	 Isabel 45min					
7:15 PM			 Trainer					
7:30 PM	CLUB FITNESS STRENGTH Holly			CLUB FITNESS YOGA Dena				

CYCLE STUDIO

5:30 AM	CLUB FITNESS CYCLE Bill	CLUB FITNESS CYCLE Robin	CLUB FITNESS CYCLE Varies	CLUB FITNESS CYCLE Bill		5:30 AM		
5:45 AM					CLUB FITNESS CYCLE Robin	5:45 AM		
8:00 AM						8:00 AM	CLUB FITNESS CYCLE Kathie	
8:15 AM						8:15 AM		CLUB FITNESS CYCLE Robin
8:30 AM	CLUB FITNESS CYCLE Karen				CLUB FITNESS CYCLE Tami	8:30 AM		
9:10 AM			CLUB FITNESS CYCLE Lori			9:10 AM		
9:15 AM		CLUB FITNESS CYCLE Alice		CLUB FITNESS CYCLE Sharon		9:15 AM	CLUB FITNESS CYCLE Bob	
9:45 AM	CLUB FITNESS CYCLE Candace							
5:00 PM	CLUB FITNESS CYCLE Dawn		CLUB FITNESS CYCLE 45min Rebecca					
5:15 PM		CLUB FITNESS CYCLE Kathie						
5:30 PM				CLUB FITNESS CYCLE 45min Rebecca				
6:00 PM			CLUB FITNESS CYCLE Amy					
6:15 PM	CLUB FITNESS CYCLE Sarah							
6:30 PM				CLUB FITNESS CYCLE Kathie				

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.