


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY		
5:00 AM		LES MILLS Tisha BODYPUMP		LES MILLS Tisha BODYPUMP		5:00 AM				
8:00 AM					LES MILLS Susan BODYPUMP 45 min	8:00 AM	LES MILLS Steph BODYPUMP			
8:15 AM		CLUB FITNESS Nancy STRENGTH				8:15 AM				
8:30 AM	CLUB FITNESS CORE 30min April					8:30 AM				
9:00 AM	CLUB FITNESS HIIT April		CLUB FITNESS STEP Vanessa		CLUB FITNESS HIIT Nancy	9:00 AM	ZUMBA CLUB FITNESS SYNERGY Shannon/April 45min			
9:15 AM		CLUB FITNESS Laura TABATA		CLUB FITNESS Vanessa STRENGTH		9:15 AM				
10:00 AM	LES MILLS Jenni BODYPUMP		LES MILLS Amy BODYPUMP		CLUB FITNESS Lori VINYASA	10:00 AM				
10:15 AM						10:15 AM	PiYO Leslie			
10:30 AM		PiYO Leslie								
5:30 PM		LES MILLS Sharon BODYPUMP	ZUMBA CLUB FITNESS SYNERGY Michelle/April 45min	LES MILLS Susan BODYPUMP						
6:00 PM	Turbo KICK Lauren									
6:30 PM		ZUMBA FITNESS Heather	CLUB FITNESS Lauren STRENGTH							
7:00 PM	PiYO Lauren									
7:30 PM				ZUMBA FITNESS Kim						

CYCLE STUDIO

5:00 AM	CLUB FITNESS CYCLE Bill B		CLUB FITNESS CYCLE Bill B		CLUB FITNESS CYCLE Melissa	5:00 AM		
7:00 AM						7:00 AM	CLUB FITNESS CYCLE Michelle	
8:15 AM				CLUB FITNESS CYCLE Nancy		8:15 AM		
8:30 AM						8:30 AM	CLUB FITNESS CYCLE Robin	
9:00 AM	CLUB FITNESS CYCLE Michelle		CLUB FITNESS CYCLE Michelle		CLUB FITNESS CYCLE Lori			
9:15 AM		CLUB FITNESS CYCLE Shari						
5:00 PM	CLUB FITNESS CYCLE Bill							
5:30 PM		CLUB FITNESS CYCLE April						

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.