






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

# CYCLE STUDIO

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

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.