



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
LOCATION KEY A = Studio "A" B = Studio "B" C = Cycle Studio P = Pilates Studio T = Track				1 Yoga is now at 6am!		2 NEW 5:15a P90X!		3		4		5	
				A 5:30a Turbo Kick	Richard	T 5:30a METRO MILERS	Ste/	A 5:30a Bar & Burn	Allison	T 5:00a TRX 45	Allison	C 8:30a Cycle	Phillip
				B 6:00a Yoga	No Clas	A 5:15a P90X	Allison	A8:30a Cardio Melt-down	Ray	A 5:30a Body Xtreme	Whitney	A 9:00a Circuit Training	Brenda
				A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee		
				B 8:45a Power Yoga	Twila	8:15a Cycle(45)	Julia	B 9:35a BAR-lates	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Dee
				A 9:35a Bar and Burn	Carroll	A 8:30a Muscle Mix	Leigh Anne	A 4:30p Cardio Chisel	Brenda	A 8:30a RAYzing the Bar	Ray	Burn Off Those Wkd Calories! 8:30a Cycle!	
				A 4:30p Functional Training	Ray	A 9:35a Sculpt Lite	Ray	B 4:30p Yoga	Debbie	A 9:35a Low Impact	Whitney		
A 5:35p Tabata Step	Brenda	A 4:30p Body Xtreme	Ray	A 5:35p Mashup/Step	Richard	B 9:40a Dynamic Flow	Juliet						
B 5:30p Pilates	Jennifer	C 5:30p Cycle	Julia										
		A 5:35p Dance Mania	Whitney										
6		7		8 Yoga is now at 6am!		9		10		11		12	
C 3:00p BIKE-BOX-LIFT	Julia/Trav	C 5:30a Race and Ripped	Brenda	A 5:30a BIKE-BOX-LIFT	Julia/Tra	T 5:30a INTERVAL RUN	Ste/ Katie	A 5:30a Bar & Burn	Jackie			T 6:00a Metro Milers	Ste/
A 4:00p NSANITY	Phillip	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	A 5:30a Functional Train	Ray	A8:30a Cardio Melt-down	Mary Kat	T 5:00a TRX 45	Allison	T 8:30a SOS	Jan
		C 8:15a Cycle	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A 9:30a Active Aging	Delisa	A 5:30a Body Xtreme	Whitney	C 8:30a Cycle	Julia
B 4:00 Yin Yoga	Twila	A 8:30a Training Camp	Whitney	B 8:45a Power Yoga	Twila	C 8:15a Cycle(45)	Julia	B 9:35a BAR-lates	Jodie	B 8:00a Stretch Yoga	Dee	A 9:00a INSANITY/Step	Ray
This Sunday Has You Covered!!!		A 9:35a Shake and Tone	Whitney	A 9:35a Bar and Burn	Carroll	A 8:30a Muscle Mix	Leigh Anne	A 4:30p Cardio Chisel	Brenda	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Paula
		B 9:40a Dynamic Flow	Juliet	A 4:30p Functional Training	Ray	A 9:35a Sculpt Lite	Ray	B 4:30p Yoga	Debbie	A 8:30a ZUMBA	Mary Kat		
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	A 4:30p Body Xtreme	Whitney	A 5:35p Mashup/Step	Richard	A 9:35a Low Impact	Hayden		
		A 4:30p Power Yoga	Twila	B 5:30p Pilates	Jennifer	C 5:30p Cycle	Phillip			B 9:40a Dynamic Flow	Juliet		
		A 5:35p Turbo Kick	Richard			A 5:35p ZUMBA	Richard						
		C 5:45p Power Cycle	Julia							A 5:30p Step Bootcamp	Ray and Richard		
13		14		15 Yoga is now at 6am!		16 NEW 5:15a P90X!		17		18		19	
C 3:00p Cycle	Zel	C 530a Race & Ripped	Brenda	A 5:30a Turbo Kick	Richard	T 5:30a METRO MILERS	Ste/ Katie	A 5:30a Bar and Burn	Jackie	T 5:00a TRX 45	Allison		
A 4:00p ZUMBA	Mary Kat	B 8:00a Stretch Yoga	Dee	B 6:00a Yoga	Laura	A 5:15a P90X	Allison	A8:30a Cardio Melt-down	Jackie	A 5:30a Body Xtreme	Whitney	C 8:30a Cycle	Julia
B 4:00p Happy Back Yoga	Debbie	C 8:15a Cycle(60)	Leigh Anne	A 8:30a Turbo Kick	Whitney	B 8:00a Yoga/Meditation	Dee	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee	A 9:00a 20/20/20	Mary Kat
Burn Off Those Wkd Calories! 4:00pm Zumba!		A 8:30a Training Camp	Whitney	B 8:45a Power Yoga	Twila	C 8:15a Cycle(45)	Julia	B 9:35a BAR-lates	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Debbie
		A 9:35a Shake and Tone	Hayden	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 4:30p Cardio Chisel	Brenda	A 8:30a RAYzing the Bar	Ray		
		B 9:40a Dynamic Flow	Juliet	A 4:30p Functional Training	Ray	A 9:35a Sculpt Lite	Ray	A 4:30p Yoga	Debbie	A 9:35a Low Impact	Hayden		
		A 10:45a Active Aging	Sharon	(this class is limited to 8 ppl)		A 4:30p Body Xtreme	Whitney	A 5:35p Mashup/Step	Phillip	B 9:40a Dynamic Flow	Juliet		
		A 4:30p Muscle Mix	Leigh Anne	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron			A 5:30p Latin Dance	Maya		
		A 5:35p Turbo Kick	Mary Kat	B 5:30p Pilates	Jennifer	A 5:35p POUND/STEP	Ray						
		C 5:45p Power Cycle	Julia										
20		21		22 Yoga is now at 6am!		23		24		25		26	
C 3:00p Cycle	Phillip	C 5:30a Race and Ripped	Brenda	A 5:30a Turbo Kick	Richard	T 5:30a INTERVAL RUN	Ste/ Katie	A 5:30a Bar & Burn	Jackie	T 5:00a TRX 45	Allison	T 8:30a SOS	Jan
A 4:00p Tabata Step	Brenda			B 6:00a Yoga	Laura	A 5:30a Functional Train	Ray	A8:30a Cardio Melt-down	Mary Kat	A 5:30a Body Xtreme	Whitney	C 8:30a Cycle	Zel
B 4:00 Yoga	Laura	B 8:00a Stretch Yoga	Dee	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga/Meditation	Dee	A 9:30a Active Aging	Delisa	B 8:00a Stretch Yoga	Dee	A 9:00a Turbo Kick	Richard
		C 8:15a Cycle(60)	Julia	B 8:45a Power Yoga	No Class	C 8:15a Cycle	Mary Kat	B 9:35a BAR-lates	Jodie	C 8:15a Cycle (60)	Julia	B 9:35a Yoga	Laura
		A 8:30a Training Camp	Whitney	A 9:35a Bar and Burn	Jackie	A 8:30a Muscle Mix	Leigh Anne	A 4:30p Cardio Chisel	Brenda	A 8:30a ZUMBA	Mary Kat		
		A 9:35a Shake and Tone	Whitney	A 4:30p Functional Training	Ray	A 9:35a Sculpt Lite	Ray	B 4:30p Yoga	Debbie	A 9:35a Low Impact	Whitney		
		B 9:40a Dynamic Flow	Juliet	B 5:30p Pilates	Jennifer	A 4:30p INSANITY/KB	Ray	A 5:35p Mashup/Step	Richard	B 9:40a Dynamic Flow			
		A 10:45a Active Aging	Sharon	A 5:35p Tabata Step	Brenda	C 5:30p Cycle	Ron			A 5:30p BIKE-BOX-LIFT	Julia/Trav		
		A 4:30p Muscle Mix	Brenda			A 5:35p ZUMBA	Richard						
		A 5:35p Turbo Kick	Mary Kat										
C 5:45p Power Cycle	Julia												
27		28		29 Yoga is now at 6am!		30 NEW 5:15a P90X!		31					
C 3:00p Cycle	Mary Kat	C 5:30a R&R	Brenda	A 5:30 Turbo Kick	Richard	T 5:30a MILERS	Ste/Katie	A 5:30a Bar and Burn	Allison				
A 4:00p TWO for ONE!	Ray	B 8:00a Yoga	Dee	B 6:30a Yoga	Laura	A 5:15a P90X	Allison	A 8:30a Cardio Melt	Mary Kat				
POUND/KETTLEBELL		C 8:15a Cycle	Leigh Anne	A 8:30a Turbo Kick	Mary Kat	B 8:00a Yoga	Dee	A 9:30a Active Aging	Delisa				
B 4:00p Yoga	Willemijn	A8:30a Training C	Whitney	B 8:45a Power	Twila	C 8:15a Cycle	Julia	B 9:35a BAR-lates	Jodie				
END Your Weekend With One SUPER WORKOUT!		A 9:35a Low Impact	Hayden	A 9:35a Bar & Burn	Carroll	A 8:30a Muscle Mix	Leigh Ann	A 4:30p Cardio Chisel	Brenda				
		B 9:40a Dynamic	Juliet	A 4:30p Race and RIPPED	Ray	A 9:35a Sculpt Lite	Ray	B 4:30p Yoga	Debbie				
		A 10:45a Active	Sharon	A 5:35p Tabata Step	Brenda	A 4:30p Body Xtreme	Whitney	A 5:35p Mash up Step	Richard				
		A 4:30p Muscle Mix	Leigh Anne			C 5:30p Cycle	Ron						
		A 5:35p Turbo Kick	Mary Kat	B 5:30p Pilates	Jennifer	A 5:35p Shake and	Whitney						
		C 5:45p Power	Julia			Tone							
