

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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30
C 3:00p Cycle Zel
A 4:00p SCULPT Brenda
B 4:00p Yoga Dee
END Your Weekend With One SUPER Workout!



1 SUMMER BLAST!
C 8:30a Cycle Amy
A 9:00a Summer Heat! Mary Kat
Cardio and Weights Ashley
B 9:35a Yoga Willemijn
COME GRAB A FRUTTA BOWL TODAY AFTER CLASS!!

2
C 3:00p Cycle Zel
A 4:00p CIRCUITS Brenda
B 4:00p Yoga Willemijn
End Your Weekend With a WORKOUT!!!!!! 3 great classes 3 awesome instructors!!

3
C 530a 30TK/ 30 Weights Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Leigh Anne
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
B 9:40a Yoga Margree
A 4:30p Circuit Training Brenda
A 5:35p Turbo Kick/Mix Zel
C 5:45p Power Cycle Amy B

4 NEW 8:30a CARDIO GLIDE!
C 5:30a PELOTON cycle Nicole
A 8:30a Cardio Glide
C 9:00a PELOTON cycle Jackie
A 9:35a Bar and Burn Ashley J
B 9:45a Power Yoga Ashley J
A 4:30p FIT CAMP Jodie
B 4:30p Pilates Brenda
A 5:35p Tabata Step Brenda

5
A 5:15a FIT CAMP Ashley
B 8:00a Yoga Amy D
C 8:15a Cycle(45) Mary Kat
A 8:30a Muscle MIX Leigh Anne
A 9:35a Sculpt Lite Brenda
A 4:30p BOX INTERVALS Travis
C 5:30p Cycle Amy
A 5:35p Turbo Kick Zel

6
A 5:30a Bar and Burn Jackie
T 5:30a INTERVAL RUN Ste/Katie
C 5:30a PELOTON cycle Brenda
A8:30a Cardio Meltdown Lisa
B 8:30a Power Yoga Lisa
C 9:00a PELOTON cycle Jodie
A 9:30a SWEATILATES Jodie
A 4:30p 30 Cardio/30 Sculpt Mary Kat
B 4:30p Yoga Paula
B 5:35p Pilates Paula
A 5:35p FIT CAMP Ashley

7
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Amy
T 8:15a TRX Jodie
A 8:30a ZUMBA Erin/MK
A 9:35a Low Impact Mary Kat
B 9:35a Yoga Lisa
A 10:30a Tai Chi Peggy
A5:15p Jungle Body Angel

8
C 8:30a Cycle Phillip
A 9:00a TRAINING CAMP! Nicole
T 9:00 S.O.S Jan
B 9:35a Yoga Paula
9:35am Yoga w/ Paula!

9
C 3:00p Cycle Joshua
A 4:00p Penalty Box& KB Mary Kat
B 4:00p Yoga Willemijn
Burn Off Those Wkd Calories! 3:00p Cycle With Joshua!

10 8:15a TEAM CYCLE!
C 530a Cardio Meltdown Brenda
B 8:00a Stretch Yoga 90 Dee
C 8:15a Team Cycle LA/Shanice
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
B 9:40a Yoga Margree
A 4:30p Circuit Training Brenda
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Amy B

11 NEW 8:30a CARDIO GLIDE!
C 5:30a PELOTON cycle Nicole
A8:30a Cardio Glide
C 9:00a PELOTON cycle Mary Kat
A 9:35a BOX INTERVALS Mary Kat
B 9:45a Power Yoga Amy
A 4:30p FIT CAMP Ashley
B 4:30p Pilates Jodie
A 5:35p Tabata Step Brenda

12
A 5:15a FIT CAMP Ashley
B 8:00a Yoga Amy D
C 8:15a Cycle(45) Mary Kat
A 8:30a Muscle MIX Leigh Anne
A 9:35a Sculpt Lite Delisa
A 4:30p BOX INTERVALS Travis
C 5:30p Cycle Amy
A 5:35p Turbo Kick Zel

13 5:30p XTREME HIP HOP STEP!
A 5:30a Bar and Burn Jackie
T 5:30a METRO MILERS Ste/Katie
C 5:30a PELOTON cycle Brenda
A8:30a Cardio Meltdown Paula
B 8:30a Power Yoga Paula
C 9:00a PELOTON cycle Carroll
A 9:30a Bar-lates Carroll
A 4:30 30 Cardio/30 Sculpt Brenda
B 4:30p Yoga Paula
B 5:35p Pilates Paula
A 5:35p XTREME HIP HOP STEP!! Coach Q

14
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Amy
F 8:15 Functional Training Leigh A
A 8:30a ZUMBA DUO Dany/MK
A 9:35a Low Impact Brenda
B 9:35a Yoga Lisa
A 10:30a Tai Chi No Class

15 XTREME HIP HOP STEP!!
C 8:30a Cycle Amy
A 9:00a XTREME HIP HOP STEP!!! Coach Q
B 9:35a Yoga Lisa
START Your Weekend With One SUPER WORKOUT!

16
C 3:00p Cycle Zel
A 4:00p INSANITY Phillip
B 4:00p Yoga Lisa
This Sunday Has You Covered!!!

17 8:15a TEAM CYCLE!
C 5:30a 30 TK/ 30 Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Team Cycle LA/Shanice
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
B 9:40a Yoga Margree
A 4:30p Circuit Training Brenda
A 5:35p Turbo Kick/Mix Zel
C 5:45p Power Cycle Amy

18 NEW 8:30a CARDIO GLIDE!
C 5:30a PELOTON cycle Nicole
A 8:30a Cardio Glide
C 9:00a PELOTON cycle Jackie
A 9:35a Bar and Burn Amy
B 9:45a Power Yoga Ashley J
A 4:30p FIT CAMP Ashley J
B 4:30p Pilates Jodie
A 5:35p Tabata Step Brenda

19 Wine Down Wednesday!
A 5:15a FIT CAMP Ashley
B 8:00a Yoga 90 Amy D
C 8:15a Cycle 45 Mary Kat
A 8:30a Muscle Mix Leigh Anne
A 9:35a Sculpt Lite Mary Kat
A 4:30p BOX INTERVALS Travis
C 5:30p Cycle Amy
A 5:35p Turbo Kick Zel

20
A 5:30a Bar and Burn Jackie
T 5:30a INTERVAL RUN Ste/Katie
C 5:30a PELOTON cycle Brenda
A8:30a Cardio Meltdown Margree
B 8:30a Power Yoga Margree
C 9:00a PELOTON cycle Jodie
A 9:30a SWEATILATES Jodie
A 4:30 30 Cardio/30 Sculpt Brenda
B 4:30p Yoga Paula
B 5:35p Pilates Paula
A 5:35p FIT CAMP Ashley

21
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Amy
T 8:15a TRX Jodie
A 8:30a ZUMBA DUO Dany/MK
A 9:35a Low Impact Brenda
B 9:35a Yoga Lisa
A 10:30a Tai Chi No Class
A5:15p Jungle Body Angel

22
C 8:30a Cycle Phillip
A 9:00a P90X Brenda
T 9:00 S.O.S Jan
B 9:35a Yoga Margree
9:35am Yoga w/ Margree!

23
C 3:00p Cycle Joshua
A 4:00p TABATA Phillip
B 4:00p Yoga Dee

24
C 5:30a 30 TK/ 30 Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Leigh Anne
A 8:30a 20/20/20 Erin
A 9:35a Low Impact Jodie
B 9:40a Yoga Margree
A 4:30p Circuit Training Brenda
A 5:35p Turbo Kick/Mix Zel
C 5:45p Power Cycle Amy

25 NEW 8:30a CARDIO GLIDE!
C 5:30a PELOTON cycle Nicole
A 8:30a Cardio Gli
C 9:00a PELOTON cycle Erin
A 9:35 ZUMBA Amy
B 9:45a Power Ashley J
A 4:30p FIT CAMP Ashley J
B 4:30p Pilates Jodie
A 5:35p Tabata Brenda

26
A 5:15a FIT CAMP Ashley
B 8:00a Yoga 90 Amy D
C 8:15a Cycle 45 Amy
A 8:30a Muscle Mix Leigh Anne
A 9:35a Sculpt Lite Delisa
A 4:30p BOX INTERVALS Travis
C 5:30p Cycle Amy
A 5:35p Turbo Kick Zel

27
A 5:30a Bar and Burn Jackie
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
B 8:30a Power Yoga Margree
C 8:30a PELOTON cycle Margree
A 9:30a Bar-lates Carroll
A 4:30 30 Cardio/30 Sculpt Brenda
B 4:30p Yoga Paula
B 4:30p Pilates Paula
A 5:35p FIT CAMP Ashley

28
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Amy
T 8:15a TRX Jodie
A 8:30a ZUMBA DUO Dany/MK
A 9:35a Low Impact Brenda
B 9:35a Yoga Lisa
A 10:30a Tai Chi No Class

29
C 8:30a Cycle Amy
A 9:00a Step Brenda
B 9:35a Yoga Lisa

