


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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30
B 4:00p Yoga Dee
LOCATION KEY
A = Studio "A"
B = Studio "B"
C = Cycle Studio
T = Track

31
C 530a 30TK/ 30 Weights Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Leigh A
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
B 9:35a Yoga Margree
A 4:30p Strength Circuit Brenda
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Amy



1
C 8:30a Cycle Zel
B 9:35a Yoga Margree


2
B 4:00p Yoga Dee
4pm Yoga w/ Dee!

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

4
A 5:30a SCULPT Brenda
A 8:30a Turbo Kick Mary Kat
B 8:30a Dynamic Flow Rebecca
A 9:35a Bar and Burn Delisa
A 1:05p Tai Chi Peggy
A 4:30p FIT CAMP Emily
A 5:35p 20/20/20 Brenda

5
A 5:30a FIT CAMP Ste/Katie
B 8:00a Yoga 90 Margree
C 8:15a Cycle(45) Emily
A 8:30a Muscle MIX Leigh Anne
A 9:35a Sculpt Lite Mary Kat
A 4:30p BOX INTERVALS Travis
C 5:30p Cycle Emily
A 5:35p Turbo Kick Zel

6
A 5:30a Bar and Burn Jackie
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
B 8:30a Power Yoga Rheagan
A 9:35a BAR-Lates Jodie
A 4:30p Cardio BLAST Brenda
B 4:30p Pilates Paula
B 5:35p Yoga Paula
A 5:35p Full Body Strength Mary Kat
And Conditioning

7
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Mary Kat
A 8:15a Func Training Leigh A
A 10:30a Tai Chi Peggy
A5:15p Jungle Body Angel

This Saturday Has You Covered!!!

9
B 4:00p Yoga Willemijn
4pm Yoga w/ Willemijn

10
C 530a 30TK/ 30 Weights Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Leigh A
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
B 9:35a Yoga Margree
A 4:30p Strength Circuit Brenda
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Amy

11
A 5:30a SCULPT Brenda
A8:30a Turbo Kick Mary Kat
B 8:30a Dynamic Flow Rebecca
A 9:35a Bar and Burn Jackie
A 1:05p Tai Chi Peggy
A 4:30p FIT CAMP Katie
A 5:35p Cardio Step Brenda

12
A 5:30a FIT CAMP Ste/Katie
B 8:00a Yoga 90 Margree
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 Phillip
A 5:35p Turbo Kick Zel

13
A 5:30a Bar and Burn Jackie
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
B 8:30a Power Yoga Rheagan
A 9:35a BAR-Lates Jodie
A 4:30p Cardio BLAST Brenda
B 4:30p Pilates Paula
B 5:35p Yoga Paula
A 5:35p ZUMBA 45 Mary Kat

14
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Emily
A 8:15a Func Training Leigh A
A 10:30a Tai Chi Peggy

Start Your Weekend With ONE of our WORKOUTS!

16
B 4:00p Yoga Dee
This Sunday Has You Covered!!!

17
C 530a 30TK/ 30 Weights Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Leigh
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
B 9:35a Yoga Margree
A 4:30p Strength Circuit Brenda
A 5:35p Turbo Kick Mary Kat
C 5:45p Power Cycle Amy

18
A 5:30a SCULPT Brenda
A8:30a Turbo Kick Mary Kat
B 8:30a Dynamic Flow Rebecca
A 9:35a Bar and Burn Jackie
A 1:05p Tai Chi Peggy
A 4:30p FIT CAMP Emily
A 5:35p Tabata Step Brenda

19
A 5:30a FIT CAMP Ste/Katie
B 8:00a Yoga 90 Margree
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 Emily
A 5:35p Turbo Kick Zel

20
A 5:30a Bar and Burn Jackie
T 5:30a METRO MILERS Ste/Katie
A8:30a Cardio Meltdown Brenda
B 8:30a Power Yoga Rheagan
A 9:35a BAR-Lates Jodie
A 4:30p Cardio BLAST Brenda
B 4:30p Pilates Paula
B 5:35p Yoga Paula
A 5:35p Full Body Strength Mary Kat
And Conditioning

21
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Emily
A 8:15a Func Training Leigh A
A 10:30a Tai Chi Peggy
A5:15p Jungle Body Angel

Put A Spin On Your Saturday 8:30a Cycle With Phillip!

23
B 4:00p Yoga Willemijn

24
C 530a 30TK/ 30 Weights Zel
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle Leigh
A 8:30a 20/20/20 Mary Kat
A 9:35a Low Impact Jodie
9:35a Yoga Margree
A 4:30p Strength Circuit Brenda
A 5:35p Turbo Kick Mary Kat

25
A 5:30a SCULPT Brenda
A8:30a Turbo Kick Mary Kat
B 8:30a Dynamic Flow Rebecca
A 9:35a Bar and Burn Jackie
A 1:05p Tai Chi Peggy
A 4:30p FIT CAMP Katie
A 5:35p Cardio Step Brenda

26
A 5:30a FIT CAMP Ste/Katie
B 8:00a Yoga 90 Margree
C 8:15a Cycle(45) Mary Kat
A 8:30a Muscle MIX Leigh A
A 9:35a Sculpt Lite Delisa
A 4:30p BOX INTERVALS Travis
C 5:30p Cycle Phillip
A 5:35p Turbo Kick Zel

27
A 5:30a Bar and Burn Jackie
A8:30a Cardio Meltdown Brenda
B 8:30a Power Yoga Rheagan
A 9:35a BAR-Lates Jodie
A 4:30p Cardio BLAST Brenda
B 4:30p Pilates Paula
B 5:35p Yoga Paula
A 5:35p ZUMBA 45 Mary Kat

28
T 5:15a TRX Kay
T 6:30a TRX 101 Kay
B 8:00a Stretch Yoga 90 Dee
C 8:15a Cycle (60) Emily
A 8:15a Func Training Leigh A
A 10:30a Tai Chi Peggy

29
C 8:30a Cycle Zel
T 9:00a SOS Jan
B 9:35a Yoga Willemijn

