



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		<b>Sunrise Vinyasa *</b> 6:15a <i>Gilli (:60)</i> MB		<b>Spin H *</b> 6:15a <i>George (:45)</i> S		<b>Power Xtreme *</b> 6:15a <i>George (:45)</i> M		<b>Spin H *</b> 6:15a <i>George (:45)</i> S		<b>Spin H Power *</b> 8:30a <i>Robert (:55)</i> S	
		<b>AM Power *</b> 6:15a <i>Jirina (:45)</i> M								<b>Cardio Kickboxing *</b> 9:30a <i>Jirina (:45)</i> M	
<b>Vinyasa Yoga</b> 9:15a <i>Jeff (:60)</i> MB		<b>Vinyasa Yoga</b> 9:15a <i>Jeff (:60)</i> MB		<b>Spin H Power *</b> 9:30a <i>George (:55)</i> S		<b>Strong Flow Yoga</b> 9:30a <i>Laurie (:60)</i> MB		<b>Spin H *</b> 9:15a <i>Alicia (:45)</i> S		<b>Yoga School</b> 9:30a <i>Susan S. (:60)</i> MB	
<b>Zumba *</b> 9:30a <i>Jeannine (:60)</i> M		<b>Hard Bodies *</b> 9:30a <i>Ashley (:60)</i> M		<b>Vinyasa Yoga</b> 10:45a <i>Stefan (:60)</i> MB		<b>BodyBlast *</b> 9:30a <i>Robert (:60)</i> M		<b>Empower</b> 9:30a <i>Laurie/Carrie (:60)</i> MB		<b>Spin H *</b> 9:45a <i>Jen La (:55)</i> S	
										<b>BodyBlast *</b> 10:30a <i>Jirina (:45)</i> M	
<b>Strong Flow Yoga</b> 12:00n <i>Laurie (:60)</i> MB		<b>Zumba *</b> 12:15p <i>Jeannine (:45)</i> M		<b>Strong Flow Yoga</b> 12:00n <i>Laurie (:60)</i> MB		<b>Pilates Sculpt</b> 12:00p <i>Carrie</i> MB		<b>Vinyasa Yoga</b> 12:00n <i>Jeff (:60)</i> MB		<b>Zumba *</b> 11:15a <i>Jeannine (:60)</i> M	
<b>Spin *</b> 12:15p <i>Robert (:45)</i> S		<b>Hard Bodies *</b> 1:00p <i>Jeannine (:45)</i> M		<b>Spin *</b> 12:15p <i>Michele (:45)</i> S		<b>Cardio Kickboxing *</b> 12:15p <i>Robert (:45)</i> M		<b>Hard Bodies *</b> 12:15p <i>Jeannine (:45)</i> M		<b>Vinyasa Yoga</b> 11:15a <i>Jeff (:60)</i> MB	
<b>Hard Bodies *</b> 1:00p <i>Susan D. (:45)</i> M		<b>Stretch-N-Flex</b> 1:00p <i>Guinevere (:45)</i> MB		<b>Hard Bodies *</b> 1:05p <i>Michele (:40)</i> M		<b>Gunz N' Bunz</b> 1:00a <i>Courtney (:45)</i> M		<b>Spin H *</b> 12:15p <i>Ashley (:45)</i> S			
<b>BodyBlast *</b> 5:00p <i>Andi (:45)</i> M								<b>Zumba *</b> 1:00p <i>Jeannine (:45)</i> M	<b>Sunday</b>		
<b>Strong Flow Yoga</b> 6:00p <i>Laurie (:60)</i> MB		<b>Spin H *</b> 5:00p <i>Robert (:55)</i> S		<b>Pump *</b> 5:30p <i>Andi (:45)</i> M		<b>Power Xtreme *</b> 6:15p <i>George (:45)</i> M		<b>Spin H *</b> 5:30p <i>Robert (:55)</i> S		<b>Spin H *</b> 9:30a <i>George (:55)</i> S	
<b>Zumba *</b> 6:00p <i>Jeannine (:45)</i> M		<b>Pilates Mat</b> 5:30p <i>Sharon (:60)</i> MB		<b>Vinyasa Yoga</b> 6:00p <i>Jeff (:60)</i> MB		<b>Pilates Mat</b> 6:30p <i>Amy (:45)</i> MB		<b>Bootcamp Sculpt *</b> 5:30p <i>Monica (:45)</i> M		<b>Yoga Detox</b> 10:00a <i>Laurie (:60)</i> MB	
<b>Spin H *</b> 6:30p <i>Michele (:55)</i> S		<b>Power Xtreme *</b> 6:00p <i>George (:60)</i> M		<b>Pilates Sculpt *</b> 6:30p <i>Andi (:60)</i> M		<b>Spin H *</b> 7:00p <i>George (:55)</i> S		<b>Vinyasa Yoga</b> 6:30p <i>Gilli (:60)</i> MB		<b>Power Xtreme *</b> 10:30a <i>George (:45)</i> M	
<b>Gunz N' Bunz</b> 6:45p <i>Jeannine (:45)</i> M		<b>Strong Flow Yoga</b> 6:30p <i>Laurie (:60)</i> MB		<b>Spin H *</b> 6:30p <i>Robert (:45)</i> S		<b>Vinyasa Yoga</b> 7:15p <i>Jeff (:60)</i> MB					
<b>ABSolutely</b> 7:30p <i>Monica (:30)</i> M		<b>Spin H *</b> 7:00p <i>Kristine (:55)</i> S		<b>Zumba * (drop-in class)</b> 6:30p <i>Jeannine (:60)</i> G						<b>Vinyasa Yoga</b> 5:00p <i>Gilli (:60)</i> MB	
<b>Vinyasa Yoga</b> 7:30p <i>Susan S. (:60)</i> MB		<b>Xtreme Results *</b> 7:00p <i>Franca (:60)</i> M		<b>Vinyasa Yoga</b> 7:30p <i>Kelly (:60)</i> MB							
<b>Spin H *</b> 7:30p <i>Michele (:45)</i> S		<b>Boxer's Workout *</b> 7:30p <i>Elvi (:60)</i> G		<b>ABSolutely</b> 7:30p <i>Jirina (:30)</i> M							
<b>Bootcamp Sculpt *</b> 8:00p <i>Monica (:45)</i> M				<b>Spin H *</b> 7:30p <i>Alicia (:45)</i> S							
								MB= Mind & Body studio      S= Spin studio M= Movement studio          G=Gymnasium			
								* Advanced sign-up required. Classes subject to change without notice.			

