



TIME	MONDAY	TUE SDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7 AM	Strong & Limber 7:15-8:00	Cycle Fit 7:00-7:45	Strong & Limber 7:15-8:00		Cycle Fit 7:00-7:45 Strong & Limber 7:15-8:00	All classes located on main gym area unless stated in Studio.	
8 AM	Step Aerobics 8:15-8:55		Cardio Move 8:15-8:55		Latin Dance 8:15-8:55		
9 AM	Strong & Limber 9:00-9:40	Strong & Limber 9:00-9:40	Strong & Limber 9:00-9:40	Strong & Limber 9:00-9:40	Strong & Limber 9:00-9:40		
9:45 AM		Latin Dance 9:45-10:25		Step Aerobics 9:45-10:25			
10 AM	Tai Chi*** 10-11:00 (Studio) Cycle Fit 10-10:45	Flow Yoga 10:30-11:15 (Studio)	Tai Chi*** 10-11:00 (Studio) Cycle Fit 10-10:45	Flow Yoga 10:30-11:15 (Studio)	Cycle Fit 10-10:45		Yoga *** 10-11:00 (Studio) Instructor's Choice 10-11:00 Rotation
11 AM		Yoga *** 11:30-12:30 (Studio)		Pilates 11:30-12:30 (Studio)	Gentle Yoga *** 10:30-11:30 (Integrative Medicine)	*** Mind/Body classes that require \$15 member monthly pass card to participate or individual class pass	
NOON					Gentle Yoga *** 12:00-1:00 (Integrative Medicine)		
1 PM	Strong & Limber 1:15-2:00		Strong & Limber 1:15-2:00		Strong & Limber 1:15-2:00		
2 PM	NO CLASSES						
3 PM							
4 PM							
5 PM	Power Cycle 5:15-6:00	Pilates 5:15-6:15 (Studio) Functional Strength 5:30-6:15	Power Cycle 5:15-6:00	Tabata Cardio & Core 5:30-6:00			
6 PM	Interval Power Hour 6:00-7:00		Yoga *** 6:00-7:00 (Studio) Circuit 6:00-7:00				