

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:30 Ashtanga Yoga Mark	6:00-7:15 Cycle & Abs Maria	8:45-9:30 Trek/Abs Shannon	6:00-7:15 Cycle & Abs Maria	6:00-7:30 Ashtanga Yoga Mark	8:00-8:45 Trekking Ann	9:00-10:00 Cycle Shannon
7:45-8:30 BodyShred Ann	7:45-9:00 Iyengar Yoga Carol	8:45-9:30 BodyShred Ann	7:45-9:00 Iyengar Yoga Carol	7:45-8:30 BodyShred Ann	8:30-9:30 Extreme Cycle Jessica	9:00-10:15 Yoga Flow Mark
8:30-9:30 Pilates Mat Ann	8:30-9:30 Extreme Cycle Elisabeth	9:00-10:00 Aquamotion Georgette	8:30-9:30 Extreme Cycle Jessica	8:30-9:30 Pilates Mat Mark	9:30-10:30 Zumba Adriana	10:00-11:00 Just Strength Shannon
8:45-9:30 Trekking Shannon	9:30-10:30 Aquamotion Nancy	9:30-10:30 Pilates Mat Bonnie	9:30-10:30 Aquamotion Nancy	9:00-10:00 Aquamotion Linda	9:30-10:30 Aquamotion Moises	
9:00-10:00 Aquamotion Linda/Nancy	9:35-10:30 Stretch Fusion Elisabeth	9:45-10:45 Zumba Lando	9:35-10:30 Core Fusion Jessica	9:30-10:30 Functional Fitness Shannon	9:30-10:30 Just Strength Jessica	
9:45-10:45 Bone Builder Kim	11:00-12:00 SilverSneakers® Nancy	10:45-11:45 Bone Builder Kim	11:00-12:00 SilverSneakers® Nancy	9:45-10:45 Zumba Lando		
9:45-10:45 Zumba Lando	12:00-1:00 SilverSneakers® Nancy	11:00-12:00 SilverSneakers® Georgette	12:00-1:00 SilverSneakers® Nancy	11:00-12:00 SilverSneakers® Linda		
11:00-12:00 SilverSneakers® Linda/Nancy	6:00-7:00 Studio Ride John	12:30-1:30 Zumba Gold Letty	6:00-7:00 CrossFitness Shannon			
5:00-6:15 Yoga Flexibility Elizabeth		5:30-6:30 Step Up Moises	6:30-7:30 Zumba Blanca			
6:00-7:00 CrossFitness Shannon		6:30-7:30 Aquamotion Nancy				
6:30-7:30 Aquamotion Nancy		6:30-7:30 Pilates Mat Moises				

**Effective
2/1/18**