

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Turf Class</b> 6AM-6:30AM Lindsay	<b>Turf Class</b> 6:30 AM – 7 AM Alex	<b>Bootcamp</b> 8:30 AM – 9:30 AM Amanda	<b>Turf Class</b> 6AM-6:30AM Liz	<b>Instructor's Choice</b> 8:30 AM – 9:20 AM Amanda	<b>Standing Flow</b> 8:30 AM – 9:20 AM Natalie	Tai Chi Ch'uan-Qigong 9 AM-10:50 AM Rich
<b>Slim Sculpt</b> 8:30AM-9:20AM Amanda	<b>Body Blast</b> 8:30am - 9:20am Latoya	<b>Multi-Level yoga</b> 9:35 - 10:25 AM Laura	<b>Kettlebell Circuit</b> 8:30am - 9:20am Latoya	<b>Indoor Cycle</b> 9:45 AM – 10:35 AM Mario	<b>Instructor Showcase</b> 9:30 AM - 10:20 AM *see below*	<b>Turf Class</b> 10:30AM-11AM Alex
<b>Senior Circuit</b> 11:00AM - 11:50AM Latoya	<b>Indoor Cycle</b> 12:15 – 1:05 PM Lisa	12:15PM - 1:00PM <b>Strength Training</b> Lisa	<b>Senior Circuit</b> 11:00AM - 11:50AM Latoya	<b>Turf Class</b> 5:30 PM - 6:00 PM Catherine	<b>Indoor Cycle</b> 9:45 AM - 10:35 AM Mario	<b>Kickboxing</b> 11 AM – 11:50 AM Christine
<b>Turf Class</b> 12:00PM-12:30PM Lindsay	<b>Fuel</b> 4:30 PM – 5:15 PM Matt	<b>Turf Class</b> 5:30 PM – 6 PM Lindsay	<b>Indoor Cycle</b> 12:15 PM – 1:05 PM Lisa	<b>Yoga Fit</b> 5:30 PM – 6:20 PM Scott	<b>Turf Class</b> 10 AM – 10:30 AM Alex	<b>Yoga Flow</b> 12 PM – 12:50 PM Sarah
<b>Multi-Level Yoga</b> 5:30PM-6:20PM Andrea	<b>Turf Class</b> 5:30 PM – 6 PM Andrew	<b>Turf Class</b> 6PM-6:30PM Lindsay	<b>Turf Class</b> 5:30 PM – 6:00 PM Andrew	<b>Turf Class</b> 6:00 PM - 6:30 PM Catherine	<b>Multi-Level Yoga</b> 10:45AM - 11:45AM Andrea	<b>Yoga Flow</b> 1:10pm - 2pm Sarah
<b>Turf Class</b> 5:30PM-6PM Kevin	<b>Turf Class</b> 6PM-6:30PM Andrew	<b>Zumba</b> 6 PM – 6:50 PM Shana	<b>Turf Class</b> 6PM-6:30PM Carolino	<b>Kickboxing</b> 6:30PM - 7:15Pm Amanda/Christine & Mariangela	<b>Yoga Workshop</b> 3:00PM - 4:00PM Sarah See Below	
<b>Turf Class</b> 6PM-6:30PM Kevin	<b>Indoor Cycle</b> 6 PM – 6:50 PM Michelle	<b>Indoor Cycle</b> 5:30-6:20PM Mario	<b>Indoor Cycle</b> 6 PM – 6:50 PM Andy	<p><b>*September Instructor Showcase*</b>            9/7 - Bootcamp with Kathy            9/14 - WERQ with Hannah            9/21 - P90X with Alex            9/28 - WERQ with Hannah</p> <p><b>Yoga Workshops:</b>            9/7 - Yoga Flow Basics            9/14 - Inversions            9/21 - Backbends            9/28 - Arm Balances            10/19 - Power Flow</p>		
<b>Indoor Cyle</b> 6PM-6:50PM Liz	<b>Strong Pilates Flow</b> 6 PM – 6:50 PM John	<b>PiYo</b> 7 PM – 7:50 PM Maria	<b>P90X</b> 5:45pm - 6:25pm Alex/Maria			
<b>Zumba</b> 7PM-7:50PM Shana	<b>Multi-Level Yoga</b> 7 PM – 7:50 PM Andrea		<b>Barre</b> 6:30 PM – 7:20 PM Dominique			
			<b>Tai Chi Ch'uan-Qigong</b> 7:25 PM - 8:55PM Rich			