

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Turf Class 6AM-6:30AM Lindsay	Turf Class 6:30 AM – 7 AM Alex	Bootcamp 8:30 AM – 9:30 AM Amanda	Turf Class 6AM-6:30AM Liz	Instructor's Choice 8:30 AM – 9:20 AM Amanda	STRONG 7:30AM-8:15AM Latoya	Tai Chi Ch'uan-Qigong 9 AM-10:50 AM Rich
Slim Sculpt 8:30AM-9:20AM Amanda	Circuit Class 7:00 AM – 7:30 AM Alex	Multi-Level yoga 9:35 - 10:25 AM Laura	Kettlebell Circuit 8:30am - 9:20am Latoya	Indoor Cycle 9:45 AM – 10:35 AM Mario	Standing Flow 8:30 AM – 9:20 AM Natalie	Indoor Cycle 9:00 AM - 9:50 AM Ashley
Ageless Movement 11:00AM - 11:50AM Latoya	Body Blast 8:30am - 9:20am Latoya	12:15PM - 1:00PM Strength Training Lisa	Ageless Movement 11:00AM - 11:50AM Latoya	Yoga Fit 5:30 PM – 6:20 PM Scott	Barre 9:30 AM - 10:20 AM Lisa P	Turf Class 10:30AM-11AM Alex
Turf Class 12:00PM-12:30PM Lindsay	Indoor Cycle 12:15 – 1:05 PM Lisa	Indoor Cycle 5:30-6:20PM Mario	Indoor Cycle 12:15 PM – 1:05 PM Lisa	Turf Class 5:30 PM - 6:00 PM Catherine	Indoor Cycle 9:45 AM - 10:35 AM Mario	Kickboxing 11 AM – 11:50 AM Christine
			FUEL 4:30PM - 5:15PM Matt			
Multi-Level Yoga 5:30PM-6:20PM Andrea	Fuel 4:30 PM – 5:15 PM Matt	Turf Class 5:30 PM – 6 PM Lindsay	Yoga Flow 5:30pm - 6:20pm Sarah	Turf Class 6:00 PM - 6:30 PM Catherine	Turf Class 10 AM – 10:30 AM Alex	Yoga Flow 12 PM – 12:50 PM Sarah
Turf Class 5:30PM-6PM Kevin	Turf Class 5:30 PM – 6 PM Andrew	Turf Class 6PM-6:30PM Lindsay	Turf Class 5:30 PM – 6:00 PM Andrew	Kickboxing 6:30PM - 7:15 PM Amanda/Christine Jessica	Turf Class 10:30 AM - 11AM Alex	Yoga Flow 1:10PM - 2PM Sarah
Turf Class 6PM-6:30PM Kevin	Turf Class 6PM-6:30PM Andrew	STRONG 6 PM – 6:30 PM Shana/Hannah	Turf Class 6PM-6:30PM Carolino		Multi-Level Yoga 11AM-12PM Andrea	
Indoor Cyle 6PM-6:50PM Liz	Indoor Cycle 6 PM – 6:50 PM Amanda	Boxing Tabatas 6:30PM - 7PM Mario	Indoor Cycle 6 PM – 6:50 PM Andy			
Zumba 7PM-7:50PM Shana	Strong Pilates Flow 6 PM – 6:50 PM John	WERQ 7 PM – 7:50 PM Hannah P	Barre 6:30 PM – 7:20 PM Dominique	Kickboxing In February 2/7 - Jessica 2/14 - Christine 2/21 - TBA 2/28 - Amanda		
2/1/20	Multi-Level Yoga 7 PM – 7:50 PM Andrea		Tai Chi Ch'uan-Qigong 7:25 PM - 8:55PM Rich			