



Spring 2019 Class Schedule

Classes are subject to change if attendance is low.
Sign-ups for group cycle classes are taken up to three days in advance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am		Group Cycle Kelli :40		Group Cycle Kelli :40		8:00am Group Cycle Ann
5:30-6:30am	Cardio Fusion Kelli	Group Cycle 6:05 Kelli :40		Group Cycle 6:05 Kelli :40	Body Burn Kelli	
8:30-9:30am	Aerobics/Strength Cindy	Bar & Pilates Sculpt Jen	Zumba Cindy	T-N-T Katryn	20/20/20 Karen J.	8:30am *Ying & Yang Yoga Barbara
9:00-9:45am	Group Cycle Katryn		Group Cycle Liz		Group Cycle Liz	9:00am Zumba Cindy
10:00-11:00am	Yoga Ko	Mix It Up Jen	Yogalaties Cindy	Muscle Mix Karen F.	Yoga Asa	
4:15-5:15pm		Mystery Mix Kelli		Straight Up Strength Karen F.		SUNDAY
4:45-5:45pm		<i>ROTATING EVERY OTHER WEEK →</i>	Cardio/Core - Karen F. Step - Beth			10am Zumba Jess
5:30-6:15pm	Group Cycle Jessi/Ann			Group Cycle Ann		
6:00-7:00pm	Zumba Cindy	Yoga Ko	Cardio/Strength Jessi	Yogalaties Karen F.		

Regular Hours of Operation

Monday - Thursday 5:15am-8:00pm
Friday 5:15am - 7:00pm

Saturday 7:30am - 4:00pm
Sunday 8:30am - 2:00pm

Playroom Hours

Monday - Friday 8:30am - 11:00am
*denotes classes held in upstairs studio

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