














SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15AM *EXPRESS SPIN* LENA	5:30 AM *BOOTCAMP* KIM	5:30 AM *EXPRESS SPIN* KIM 	5:30 AM *BOOTCAMP* KIM	5:15AM *EXPRESS SPIN* LENA	
7:30 AM *P90X LIVE!* LOUISE	6:00AM *Armed & Dangerous KIM		6:00 AM *ROCKBOTTOM* KIM		6:00 AM *CARDIO CORE* KIM	8:00 AM *CIRCUIT CORE* SUZANNE
8:45 AM *45 min EXPRESS BOOTCAMP* KERRY	8:00 AM *POP PILATES* MAC	8:30 AM *HIT n SCULPT* KIM	8:30Am *Power Muscle Strength^ KERRY	8:30 AM *Cardio Sculpt* KIM	8:00 AM *POP PILATES* MAC	8:30 AM *BARRE* HEATHER
9:45 AM *YOGA* SANDY 	8:30 AM  *TABATA SPIN* Kim	9:00 AM *BARRE* KAYLA	9:00 AM *TABATA TRX* Louise	9:00 AM *BARRE* KAYLA	8:30 AM *Crazy Circuits* KIM	9:00 AM *STEP N SCULPT* Rotating Instructors
	9:00 AM TRX LOUISE	9:30 AM *YOGA*  JUSTINE	9:30 AM *ZUMBA* ANNETTE	9:30AM *YOGA* ERIN ZELL 	9:00 AM TRX LOUISE	10:15AM *Core Flow Yoga* ERIN ZELL
	9:30 AM  ZUMBA ANNETTE	4:00 PM *BOD e PUMP*  KIM	11:00 AM *½ HOUR FUNCTIONAL TRAINING* HELEN		9:30 AM  ZUMBA MAC	
	11:00 AM *½ HOUR FUNCTIONAL TRAINING* HELEN	5:00 PM  ZUMBA TRACI	11:30 AM *1/2 Hour SIMPLY CORE* HELEN	4:00 PM *BOD e PUMPI*  KIM	11:00 AM *½ HOUR FUNCTIONAL TRAINING* HELEN	
	11:30 AM *½ HOUR Length & Limber* HELEN	5:30 PM *MEDBALL BOOTCAMP JEN	4:00 PM *BARRE* KAYLA	5:00 PM *P90X LIVE* LOUISE	11:30 AM *½ HOUR BEAUTIFULLY BALANCED* HELEN	
	5:00 PM *TOTAL BODY BLAST* KERRIE	6:00 PM *P90X LIVE!* LOUISE	5:00 PM  *EXPRESS SPIN* LENA	5:00PM *BARRE CENTER STAGE* ANGELA	5:00 PM *EXPRESS SPIN*  KIM	
	6:00 PM *EXPRESS SPIN* KERRIE <hr/> 6:00 PM *TRX* SUZANNE	6:15 PM *BOOTY BARRE* Marisa	5:30 PM *MUSCLE CONFUSION & CORE*LENA	6:15PM *BUTI YOGA*  JUSTINE	5:30 PM " BARRE" Marissa	