| M | T | W | TH | F | S | SU |
| --- | --- | --- | --- | --- | --- | --- |
| **6:00 - 6:45AM**  LEVEL XT  *Jocie* | **6:00 - 6:55AM** BODYFLOW™ ▲  *Janet* | **6:00 - 6:45AM**  TONE-IT  *Jocie* | **8:00 - 9:30AM**  YOGA ▲  *Julie* | **6:00 - 6:45AM**  TABATA  *Janet* | **8:00 - 8:45AM**  MET BOOST  *Nicole* | **8:45 - 9:30AM**  ZUMBA  *Allison* |
| **8:30 - 9:15AM**  BARRE-BODY ▲  *Stephanie* | **8:00 - 9:30AM**  YOGA ▲  *Julie* | **8:30 - 9:20AM** BODYFLOW™ ▲  *Janet* | **9:00 - 9:45AM**  BURN FACTOR  *Derek* | **8:30 - 9:15AM**  BARRE-TONE ▲  *Jocie* | **9:00 - 9:50AM**  CARDIO KICKBOX *Nicole* | **9:45 - 11:15AM**  YOGA ▲  *Nooshen* |
| **8:45-9:15AM**  TABATA EXPRESS  *Janet* | **9:00 - 9:45AM**  BURN FACTOR  *Nicole* | **8:45 -9:30AM**  TRX &BOSU  *Derek* | **9:45 – 10:15AM** TABATA EXTREME ▲  *Janet* | **9:20 - 10:15AM** BODYFLOW™ ▲  *Janet* | **9:00 - 10:30AM**  YOGA ▲  *Julie* | **10:15-11:10AM**  BODYFLOW™  *Stephanie* |
| **9:30 - 10:15AM**  ZUMBA  *Stephanie* | **10:00 - 10:45AM**  CARDIO KICKBOX  *Nicole* | **9:45 - 10:30AM**  TONE-IT!  *Nicole* | **10:00 - 11:00AM**  ZUMBA  *Luis* | **9:45 - 10:30AM**  LEVEL XT  *Nicole* | **10:00 - 10:55AM** BODYFLOW™ *Stephanie* |  |
| **9:30 - 10:10AM**  FOAM ROLLING ▲  Kevin | **6:15 - 7:15PM**  ZUMBA  *Luis* | **10:00 - 10:45AM**  FOAM ROLLING ▲  *Kevin* | **3:00 - 3:45PM**  WORKOUT 101  *Kevin* | **10:20 - 11:00AM**  FOAM ROLLING ▲  *Kevin* | **11:10AM - 12:00PM**  TAI CHI  *Melissa* |  |
| **10:15 - 11:00AM**  PILATES MAT ▲  *Susan* | ***6:15-7:15PM***  PILATES MAT ▲  *Susan* | **2:00 - 2:50PM**  TAI CHI  *Melissa* | **6:15 - 7:00PM** CARDIO CORE  *Derek* | **3:00 - 3:45PM**  BAL/STGTH/FLEX  *Mary Duke* |  |  |
| **3:00 - 3:45PM** BAL/STGTH/FLEX  Mary Duke |  | **3:00 - 3:45PM**  BEG. PILATES  Melissa |  | **5:45 - 7:00PM**  YOGA ▲  *Julie* |  |  |
| **6:15 - 7:00PM**  LEVEL XT  *Kathy* |  | **4:00 - 4:45PM**  BAL/STGTH/FLEX  *Mary Duke*  **6:15 - 7:00PM** STRENGTH CIRCUIT *Kathy*  **7:00 - 8:30PM**  YOGA ▲  *Nooshen* |  |  |  |  |