| 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/FLEXMary Duke  |  | **3:00 - 3:45PM**BEG. PILATESMelissa |  | **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* |  |  |  |  |