

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM - 8:55 AM   Sub - Amy <b>ADRENALINE</b> 	8:00 AM - 8:55 AM   Molly <b>BODY SCULPTING</b> 	5:15 AM - 6:10 AM   Michele <b>30/30 (CYCLE/WEIGHTS)</b> 	8:00 AM - 8:55 AM   Molly <b>CARDIO &amp; CHISEL</b> 	5:15 AM - 6:10 AM   Michele <b>30/30 (CYCLE/WEIGHTS)</b> 	8:15 AM - 9:10 AM   Amy <b>CARDIO &amp; WEIGHT INTERVALS</b> 
8:00 AM - 8:55 AM   Connie <b>AQUA CARDIO (W/ INTERVALS) - NEW TIME!</b> 	9:30 AM - 10:25 AM   Trisanne <b>POWER HOUR</b> 	8:00 AM - 8:55 AM   Molly <b>POWER PILATES</b> 	9:30 AM - 10:25 AM   Diane <b>CYCLE</b> 	8:00 AM - 8:55 AM   Mitsy <b>BODY SCULPTING</b> 	8:30 AM - 9:25 AM   Michele/Rebecca <b>WHEELS &amp; STEEL</b> 
9:30 AM - 10:25 AM   Molly <b>BODY BLAST - NEW!</b> 	9:30 AM - 10:25 AM   Diane <b>WHEELS &amp; STEEL</b> 	9:15 AM - 10:10 AM   Millie <b>AQUA FITNESS</b> 	9:30 AM - 10:25 AM   Amy <b>BODY SCULPTING</b> 	9:00 AM - 9:55 AM   Rebecca <b>WHEELS &amp; STEEL</b> 	10:30 AM - 11:25 AM   Chris, Tashi <b>ZUMBA®</b> 
9:30 AM - 10:25 AM   Maria <b>CYCLE</b> 	10:00 AM - 10:55 AM   Mary <b>AQUA FITNESS</b> 	9:30 AM - 10:25 AM   Diane <b>CARDIO KICKBOXING</b> 	10:00 AM - 10:55 AM   Mary <b>AQUA FITNESS</b> 	9:30 AM - 10:25 AM   Molly <b>BOX FIT</b> 	<b>Sunday</b>
11:30 AM - 12:25 PM   Terry <b>SILVER &amp; FIT EXCEL</b> 	11:00 AM - 11:55 AM   Terry <b>YOGA</b> 	10:30 AM - 11:25 AM   Millie <b>DANCE FITNESS</b> 	11:00 AM - 11:45 AM   Maria <b>ZUMBA®</b> 	10:00 AM - 10:55 AM   Mary <b>AQUA PILATES</b> 	8:15 AM - 9:10 AM   Mitsy <b>TABATA DRILLS</b> 
5:00 PM - 5:55 PM   Rebecca <b>SPIN &amp; SCULPT</b> 	4:30 PM - 5:25 PM   Amy <b>BODY SCULPTING</b> 	11:30 AM - 12:25 PM   Terry <b>SILVER &amp; FIT EXCEL</b> 	5:00 PM - 5:45 PM   Amy <b>CARDIO &amp; WEIGHTS</b> 	11:00 AM - 11:55 AM   Maria <b>GET FIT LIGHT</b> 	8:30 AM - 9:20 AM   Maria <b>CYCLE</b> 
5:30 PM - 6:25 PM   Chris <b>ZUMBA®</b> 	5:45 PM - 6:40 PM   Mary <b>AQUA FITNESS</b> 	5:00 PM - 5:55 PM   Mitsy <b>CARDIO &amp; WEIGHTS</b> 	5:45 PM - 6:40 PM   Mary <b>AQUA FITNESS</b> 		
6:30 PM - 7:25 PM   Jayati <b>YOGA</b> 	6:00 PM - 6:55 PM   Maria <b>CYCLE</b> 		6:00 PM - 6:55 PM   Chris <b>ZUMBA®</b> 		
	5:30 PM - 6:25 PM   Wen <b>SPRAWL &amp; BRAWL</b> 				