





Sun	Mon	Tue	Wed	Thu	Fri	Sat							
 <h2 style="color: red;">CYCLING</h2> <p>You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class. Please bring a towel and bottled water. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p>													
					8:30 BODY DESIGN Vickie 1 9:45 YOGA Vickie 12:30 HIIT/UPPER Nicole 12:00 H2o SHALLOW (vary)	8:30 PEDAL N PUMP 2 Karen 10:00 YOGA Karen							
3	8:30 TRIPLE TREAT Millie 9:45 YOGA Millie 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Vickie 5:30 CYCLING Mandy 5:30 TABATA SCULPT Danielle 6:30 YOGA Vickie	4	7:30 AWT Millie 8:30 AWT Millie 8:30 H2o SHALLOW TABATA Rox 10:00 SSS Millie 12:30 CORE CYCLING Millie 4:30 HIIT/LOWER BODY Mandy 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	5	8:30 CORE COND. & MORE Karen 9:45 YOGA Karen 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Karen 5:30 CYCLING Danielle 5:30 YOGA Kate	6	7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Nicole 5:30 BODY DESIGN Vickie 6:45 YOGA Vickie	7	8	8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW Karen	9	8:30 PEDAL N PUMP Ann Marie 10:00 YOGA Ann Marie	
10	8:30 TRIPLE TREAT Karen 9:45 YOGA Karen 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Millie 5:30 CYCLING Millie 5:30 TABATA SCULPT Ann Marie 6:30 YOGA Ann Marie	11	7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rox 10:00 SSS Karen 12:30 CORE CYCLING Nicole 4:30 HIIT/UPPER BODY Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Marie	12	8:30 CORE COND. & MORE Vicki 9:45 YOGA Vickie 12:30 TOTAL BODY Nicole 4:30 OUT OF BOUNDS Karen 5:30 CYCLING Karen 5:30 YOGA Millie	13	7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	14	15	8:30 BODY DESIGN Danielle 9:45 YOGA Kate 12:30 HIIT/LOWER Nicole 12:00 H2o SHALLOW (vary)	16	8:30 PEDAL N PUMP Mandy 10:00 YOGA Ann Marie	
17	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Nicole 5:30 CYCLING Mandy 5:30 TABATA SCULPT Ann Marie	18	7:30 AWT Millie 8:30 AWT Millie 8:30 H2o SHALLOW TABATA Rox 10:00 SSS Millie 12:30 CORE CYCLING Millie 4:30 HIIT/LOWER BODY Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Vickie	19	8:30 CORE COND. & MORE Karen 9:45 YOGA Karen 12:30 TOTAL BODY Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Vickie 5:30 CYCLING Danielle 5:30 YOGA Vickie	20	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 CORE CYCLING Beth 4:30 CYCLING Mandy 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	21	22	8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 TABATA SCULPT Nicole	23	8:30 PEDAL N PUMP Nicole 10:00 YOGA Kate	
		24	8:30 AWT Karen 10:00 SSS Karen 12:30 CORE CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Millie	25	8:30 AWT Karen 9:45 YOGA Karen 12:30 TOTAL BODY Mandy 4:30 OUT OF BOUNDS Vickie 5:30 CYCLING Vickie 5:30 YOGA Millie	26	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 CYCLING Nicole 5:30 BODY DESIGN Danielle 6:45 YOGA Vickie	27	28	8:30 BODY DESIGN Mandy 9:45 YOGA Kate 12:30 HIIT/UPPER Nicole	29	30	8:30 PEDAL N PUMP Danielle 10:00 YOGA Kate
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