

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 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 Danielle 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Vickie	2 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 Danielle 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Vickie	3 7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 HIIT/UPPER BODY Nicole 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	4 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 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 Millie	5 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 Danielle 5:30 BODY DESIGN Danielle 6:45 YOGA Vickie	6 8:30 BODY DESIGN Karen 9:45 YOGA Kate 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW (vary)	7 8:30 PEDAL N PUMP Danielle 10:00 YOGA Vickie
8 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Millie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:30 CYCLING Karen 5:30 TABATA SCULPT Mandy 6:30 YOGA FLOW Karen	9 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Millie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:30 CYCLING Karen 5:30 TABATA SCULPT Mandy 6:30 YOGA FLOW Karen	10 7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Nicole 4:30 HIIT/LOWERBODY Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Ann Marie	11 8:30 CORE COND. & MORE Vickie 9:45 YOGA Vickie 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 Millie	12 7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Vickie 4:30 CYCLING Nicole 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	13 8:30 BODY DESIGN Danielle 9:45 YOGA Karen 12:30 HIIT/LOWER BODY Nicole 12:00 H2o SHALLOW (vary)	14 8:30 PEDAL N PUMP Karen 10:00 YOGA Karen
15 8:30 TRIPLE TREAT 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 Danielle 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Vickie	16 8:30 TRIPLE TREAT 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 Danielle 5:30 CYCLING Vickie 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Vickie	17 7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Karen 4:30 HIIT/UPPER BODY Danielle 5:30 BODY DESIGN Millie 6:45 YOGA Millie	18 8:30 CORE COND. & MORE Vickie 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 Danielle 5:30 YOGA Millie	19 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 Karen 5:30 BODY DESIGN Karen 6:45 YOGA Ann Marie	20 8:30 BODY DESIGN Vickie 9:45 YOGA Vickie 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW (vary)	21 8:30 PEDAL N PUMP Mandy 10:00 YOGA Kate
22 8:30 TRIPLE TREAT 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 Danielle 5:30 CYCLING Mandy 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Vickie	23 8:30 TRIPLE TREAT 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 Danielle 5:30 CYCLING Mandy 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Vickie	24 7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Vickie 12:30 CORE CYCLING Vickie 4:30 HIIT/LOWER BODY Nicole 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	25 8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 TOTAL BODY Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Vickie 5:30 CYCLING Danielle 5:30 YOGA Millie	26 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 Mandy 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	27 8:30 BODY DESIGN Ann Marie 9:45 YOGA Ann Marie 12:30 HIIT/UPPER BODY Nicole 12:00 H2o SHALLOW (vary)	28 8:30 PEDAL N PUMP Nicole 10:00 YOGA Kate
29 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Millie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:30 CYCLING Karen 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Karen	30 8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 TOTAL BODY Millie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 OUT OF BOUNDS Danielle 5:30 CYCLING Karen 5:30 TABATA SCULPT Danielle 6:30 YOGA FLOW Karen	31 7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW TABATA Rebecca 10:00 SSS Karen 12:30 CORE CYCLING Nicole 4:30 HIIT/UPPER BODY Danielle 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	<p>CYCLING</p> <p>You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class.</p> <p>Please bring a towel and bottled water.</p> <p>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p>			