

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Spin Main Studio Barb	Sculpt Main Studio Barb		Weights Main Studio Barb		
8:00 AM							Sculpt Main Studio Jen
9:00 AM		Barre Main Studio Jen	Zumba Main Studio Maria	Weights Main Studio Jen	Spin Main Studio Barb	HIIT Main Studio Jen	Spin Main Studio Barb
9:15/ 9:30 AM	Open Yoga (9:30am) Yoga Studio Eileen						Morning Flow Yoga (9:15 am) Yoga Studio Patty
10:00 AM							
10:15 AM		Chair Yoga Main Studio Eileen	Flow Yoga Yoga Studio Ian	Boxing Circuit Main Studio Jen		Flow Yoga Yoga Studio Ian	
10:30 AM			Silver Sneakers Main Studio Jen		Silver Sneakers Main Studio Jen		
11:45 AM		Rock Steady Boxing (Preregistration req) Main Studio			Rock Steady Boxing (Preregistration req) Main Studio		
5:00 PM					Zumba Main Studio Maria		
6:00 PM		Hatha Flow Yoga Main Studio Patty	Open Yoga Yoga Studio Eileen		Hatha Flow Yoga Yoga Studio Patty		