

	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	Interval Training Main Studio Jen	Spin Main Studio Barb
9:30 AM	Open Yoga Yoga Studio Eileen						Morning Flow Yoga Yoga Studio Patty
10:00 AM				Boxing Circuit Main Studio Jen			
10:15 AM		Chair Yoga Main Studio Eileen	Flow Yoga Yoga Studio Ian		Chair Yoga Main Studio Kari	Flow Yoga Yoga Studio Ian	
10:30 AM			Silver Sneakers Main Studio Jen	Open Yoga (10:45) Yoga Studio -Eileen		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			Interval Training Main Studio Barb		Zumba Main Studio Maria		
6:00 PM			Hatha Flow Yoga Main Studio Patty		Hatha Flow Yoga Yoga Studio Patty		

* At this time proof of Covid vaccination required for all in person classes.