

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45AM		<b>Step Interval</b> Main Studio Barb	<b>Barre</b> Main Studio Barb		<b>Weights</b> Main Studio Barb		
7:00AM							
8:00AM							<b>Weights</b> Main Studio Deb
8:30AM	<b>Jazzercise</b> Main Studio Jeanne						
9:00AM		<b>Barre</b> Main Studio Barb	<b>Kickboxing Core</b> Main Studio Barb	<b>Weights</b> Main Studio Barb	<b>Spin</b> Main Studio Deb	<b>Intervals</b> Main Studio Deb	<b>Spin</b> Main Studio Deb
10:00AM	<b>Open Yoga</b> Yoga Studio Eileen			<b>Boxing Circuit*</b> Main Studio Barb			<b>Slow Flow Yoga</b> Yoga Studio Patty
10:15AM		<b>Open Yoga</b> Yoga Studio Katt	<b>Flow Yoga</b> Yoga Studio Ian	<b>Open Yoga</b> Yoga Studio Nancy		<b>Flow Yoga</b> Yoga Studio Ian	
10:30AM		<b>Silver Sneakers*</b> Main Studio Jen	<b>Zumba Silver*</b> Main Studio Maria		<b>Silver Sneakers*</b> Main Studio Jen		
11:45AM		<b>RSB</b> Main Studio Jen Preregistration Req			<b>RSB</b> Main Studio Jen Preregistration Req		
4:30 PM			<b>Jazzercise</b> Main Studio Jeanne		<b>Jazzercise</b> Main Studio Jeanne		
5:00 PM		<b>Weights</b> Main Studio Linda					
5:30 PM			<b>Flow and Restore Yoga</b> Yoga Studio Buddy		<b>Align &amp; Flow Yoga</b> Yoga Studio Patty		