

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