



GROUP X

M ₂₂	T ₂₃	W ₂₄	T ₂₅	F ₂₆	S ₂₇
6 - 7 AM VINYASA FLOW Annette /Yoga	5:30-6:15 AM RISE N GRIND Shari / Main		5:30-6:15 AM RISE N GRIND Shari / Main	6-7 AM VINYASA FLOW Annette /Yoga	
8:15-9:15 AM CARDIO INTERVAL Erin / Main	8:45-9:30 AM TOTAL BODY FIT Kelly S / Main	8:15-9:15 AM CARDIO INTERVAL Erin / Main	8:45-9:30 AM TOTAL BODY FIT Taylor / Main	9-10 AM FOREVER FIT Kelly S/Outdoor Track	8:15 - 9 AM STEP INTERVAL Sandra / Main
30 MINUTE CLEAN!	9 - 10AM AQUA BURST Sheri /Pool	30 MINUTE CLEAN!	9 - 10AM AQUA BURST Kelly H /Pool	9:30-10:30AM PUMP! Elizabeth /Main	9-10AM VICIOUS CYCLE Rhiannon /Cycle
9-10 AM FOREVER FIT Sheri/Outdoor Track	9:15 - 10:15AM GO W/ THE FLOW Juli T/ Yoga	9-10 AM FOREVER FIT Kelly H/Outdoor Track	9:15 - 10:15AM GO W/ THE FLOW Juli T/ Yoga	30 MINUTE CLEAN!	9 - 10AM AQUA BURST TBA /Pool
9:30-10:30 AM RHYTHM RIDE Christine / Cycle	10-10:45 AM OPEN BARRE Denise / Main	9:15 - 10:15AM GO W/ THE FLOW Vanessa/ Yoga	10-10:45 AM OPEN BARRE Lisa G / Main		9:15-10AM ZUMBA Deborah /Main
11-11:45 AM HIIT the BARRE Cindy / Main	15 MINUTE CLEAN!	9:30-10:30 AM RHYTHM RIDE Christine / Cycle	15 MINUTE CLEAN!		15 MINUTE CLEAN!
30 MINUTE CLEAN!	11-11:45 AM CARDIO DANCE Deborah / Main	11-11:45 AM OPEN BARRE Lisa G / Main	11-11:45 AM CARDIO DANCE Deborah / Main	11-11:45 AM HIIT the BARRE Lisa R / Main	10:15-11 AM CARDIO BARRE Christine / Main
12:15-1:15 PM ZUMBA Leila / Main	30 MINUTE CLEAN!	30 MINUTE CLEAN!	30 MINUTE CLEAN!	30 MINUTE CLEAN!	30 MINUTE CLEAN!
6 - 7 PM AQUA BURST Sheri /Pool	12:15-1:15 PM PUMP! Christine / Main	12:15-1:15 PM ZUMBA Barrett / Main	12:15-1:15 PM PUMP! Deborah / Main	12:15-1:15 PM ZUMBA Sandra / Main	12 - 1 PM GO W/ THE FLOW Melissa/ Yoga
6-7 PM STEP INTERVAL Sandra / Main	5:15-6 PM CARDIO YOGA Lisa R / Main	5:15-6 PM BARRE BLAST Lisa R / Main	5:15-6 PM CARDIO BARRE Christine / Main	YOGA PARTICIPANTS MUST BRING YOUR OWN MAT	
6 - 7 PM GO W/ THE FLOW Kate/ Yoga	6:15-7:15 PM YOGA FLOW Lisa R/ Yoga	6 - 7 PM AQUA BURST Kelly H /Pool	6-7 PM SLOW W/ THE FLOW Vanessa/ Yoga		
6-7 PM RHYTHM RIDE Katie/ Cycle	6-7 PM VICIOUS CYCLE Antonio/ Cycle	6:15-7:15 PM PUMP Antonio/ Main	6-7 PM VICIOUS CYCLE Antonio/ Cycle		