



Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) Strength & Stretch Velma					
	6:15am (45min) Vinyasa Yoga Lara F	6:30am (45min) Total Strength Ellen	6:15am (45min) Vinyasa Yoga Lara F	6:30am (45min) Total Strength Ellen	6:30am (45min) Boot Camp Crystal	
10:30am (45 min) Boot Camp						10:00am (45min) Boot Camp Velma
	11:45am (40min) H.I.I.T. Terry	11:45am (40min) Vinyasa Yoga Lara F	11:45am (40min) Cardio Camp Sandra	11:45am (40min) TRX Training Charles	11:45am (40min) H.I.I.T. Kristen	
	12:30pm (40min) TRX Training Charles	12:30pm (40min) Boot Camp Lara K	12:30pm (30min) Hard Core Sandra	12:30pm (40min) Boot Camp Lara K		
	5:45pm (45min) Toning Melissa	5:45pm (45min) PiYo Theresa	5:45pm (45min) Shake & Shred Melissa	5:45pm (60min) Turtle Flow Yoga Maggie		
	6:35pm (45min) Total Strength Ellen	6:35pm (45min) H.I.I.T. Theresa				

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) Velma	6:30am (45min) Velma	6:30am (45min) Amanda	6:30am (45min) Velma	6:30am (45min) Amanda	
9:30am (45mn) Jessie/Terry						8:45am (60min) Velma
		11:45am (40min) Terry		12:00pm (25min) Sprint Spin		
	5:45pm (60min) Brad		5:45pm (45min) Kelly			