



**Cardio Class Schedule**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) <b>Hard Core</b> <i>Ellen</i>					
	6:15am (45min) <b>Vinyasa Yoga</b> <i>Lara F</i>	6:30am (45min) <b>Total Strength</b> <i>Ellen</i>	6:15am (45min) <b>Vinyasa Yoga</b> <i>Lara F</i>	6:30am (45min) <b>Total Strength</b> <i>Ellen</i>	6:30am (45min) <b>Circuit Tone</b> <i>Sarah</i>	9:30am (90min) <b>Boot Camp &amp; Spin</b> <i>Lara</i>
10:30am (45 min) <b>H.I.I.T.</b> <i>Amanda</i>	11:45am (40min) <b>007 Training</b> <i>Liz</i>	11:45am (40min) <b>Vinyasa Yoga</b> <i>Lara F</i>	11:45am (40min) <b>Cardio Camp</b> <i>Sandra</i>	11:45am (40min) <b>TRX Training</b> <i>Charles</i>		
	12:30pm (40min) <b>TRX Training</b> <i>Charles</i>	12:30pm (40min) <b>Boot Camp</b> <i>Lara K</i>	12:30pm (30min) <b>Hard Core</b> <i>Sandra</i>	12:30pm (40min) <b>Boot Camp</b> <i>Lara K</i>	12:30pm (40min) <b>Ultimate Conditioning</b> <i>Liz</i>	
	5:45pm (45min) <b>Toning</b> <i>Melissa</i>	5:45pm (45min) <b>PiYo</b> <i>Theresa</i>	5:45pm (45min) <b>H.I.I.T.</b> <i>Kristen</i>	5:30pm (55min) <b>BootyBarre</b> <i>Lana</i>		
	6:45pm (45min) <b>Cardio Fusion</b> <i>Melyssa</i>	6:45pm (45min) <b>Boot Camp</b> <i>Sarah</i>	6:45pm (45min) <b>Top 40 Dance</b> <i>Melyssa</i>	6:35pm (60min) <b>Turtle Flow Yoga</b> <i>Maggie</i>		

**Spinning Class Schedule**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>6:30am</b> (45min) <i>Ellen</i>	<b>6:30am</b> (45min) <i>Velma</i>	<b>6:30am</b> (45min) <i>Amanda</i>	<b>6:30am</b> (45min) <i>Velma</i>	<b>6:30am</b> (45min) <i>Amanda</i>	<b>8:45am</b> (60min) <i>Velma</i>
<b>11:30am</b> (60min) <i>Becca</i>		<b>11:45am</b> (40min) <i>Terry</i>		<b>12:00pm</b> (25min) <b>Sprint Spin</b>		<b>9:30am</b> (90min) <b>Boot Camp &amp; Spin</b> <i>Lara K</i>
	<b>5:45pm</b> (60min) <i>Brad</i>		<b>5:45pm</b> (60min) <i>Ellen</i>			
		<b>7:45pm</b> (30min) <b>Sprint Spin</b>				