



### Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am - 6:30am <b>Reserved</b>	5:45am - 6:30am <b>Reserved</b>	5:45am (45min) <b>Met Melt</b> Velma	5:45am - 6:30am <b>Reserved</b>	5:45am (45min) <b>Met Melt</b> Velma	
	6:35am (45min) <b>Vinyasa Yoga</b> Lara F	6:35am (45min) <b>Total Strength</b> Ellen	6:35am (45min) <b>Vinyasa Yoga</b> Lara F	6:35am (45min) <b>Total Strength</b> Ellen		8:30am - 9:30am <b>Reserved</b>
10:30am (45 min) <b>H.I.I.T.</b> Jessie/Terry						10:00am (45min) <b>Met Melt</b> Velma
	11:10am - 11:55am <b>Reserved</b>	11:10am - 11:55am <b>Reserved</b>		11:10am - 11:55am <b>Reserved</b>		
	12:00pm (30min) <b>H.I.I.T.</b> Terry	12:00pm (30min) <b>Vinyasa Yoga</b> Lara F	11:45am (40min) <b>Cardio Camp</b> Sandra	12:00pm (30min) <b>TRX Training</b> Charles	11:45am (40min) <b>Met Melt</b> Velma	
	12:35pm (40min) <b>TRX Training</b> Charles	12:35pm (40min) <b>Boot Camp</b> Lara K	12:30pm (30min) <b>Hard Core</b> Sandra	12:35pm (40min) <b>Boot Camp</b> Lara K	12:30pm (45min) <b>Vinyasa Yoga</b> Kelli	
	5:15pm - 6:00pm <b>Reserved</b>	5:15pm - 6:00pm <b>Reserved</b>		5:15pm - 6:00pm <b>Reserved</b>		
	6:05pm (40min) <b>Cardio Camp</b> Ellen	6:05pm (40min) <b>Toning</b> Melissa	5:45pm (45min) <b>Shake &amp; Shred</b> Melissa	6:05pm (40min) <b>Barre Intensity</b> kelli		
	6:50pm (40min) <b>Barre Intensity</b> Theresa	6:50pm (40min) <b>PiYo</b> Theresa	6:35pm (60min) <b>Turtle Flow Yoga</b> Maggie	6:50pm (40min) <b>P90x</b> Theresa		

### Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>6:30am</b> (45min) Terry	<b>6:30am</b> (45min) Velma	<b>6:30am</b> (45min) Kelli	<b>6:30am</b> (45min) Velma	<b>6:30am</b> (45min) Amanda	
<b>9:30am</b> (45mn) Jessie/Terry						<b>8:45am</b> (60min) Velma
	<b>12:00pm</b> (30min) <b>Sprint Spin</b> Kim	<b>12:00pm</b> (30min) <b>Sprint Spin</b> Terry		<b>12:00pm</b> (30min) <b>Sprint Spin</b> Lara K		
	<b>5:45pm</b> (60min) Brad	<b>5:35pm</b> (45min) Kim	<b>5:35pm</b> (45min) Jessie			