



Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am - 6:30am Reserved	5:45am - 6:30am Reserved	5:45am (45min) Met Melt <i>Velma</i>	5:45am - 6:30am Reserved	5:45am (45min) Met Melt <i>Velma</i>	
	6:35am (45min) Vinyasa Yoga <i>Lara F</i>	6:35am (45min) Total Strength <i>Ellen</i>	6:35am (45min) Vinyasa Yoga <i>Lara F</i>	6:35am (45min) Total Strength <i>Ellen</i>		8:30am - 9:30am Reserved
9:30am (45 min) H.I.I.T. <i>Jessie/Terry</i>						10:00am (45min) Met Melt <i>Velma</i>
10:30am (60 min) begins 6/11/17 Yin Yoga <i>Kelli</i>	11:10am - 11:55am Reserved	11:10am - 11:55am Reserved	11:30am (30min) Cardio Camp <i>Sandra</i>	11:10am - 11:55am Reserved		
	12:00pm (30min) H.I.I.T. <i>Terry</i>	12:00pm (30min) Vinyasa Yoga <i>Lara F</i>	12:05pm (25min) Hard Core <i>Sandra</i>	12:00pm (30min) TRX Training <i>Charles</i>	11:45am (40min) Met Melt <i>Velma</i>	
	12:35pm (40min) TRX Training <i>Charles</i>	12:35pm (40min) Boot Camp <i>Lara K</i>	12:35pm (45min) Barre Vinyasa <i>Kelli</i>	12:35pm (40min) Boot Camp <i>Lara K</i>	12:30pm (45min) Vinyasa Yoga <i>Kelli</i>	
	5:15pm - 6:00pm Reserved	5:15pm - 6:00pm Reserved		5:15pm - 6:00pm Reserved		
	6:05pm (40min) Cardio Camp <i>Ellen</i>	6:05pm (40min) Toning <i>Melissa</i>	5:45pm (45min) Shake & Shred <i>Melissa</i>	6:05pm (40min) Barre Intensity <i>kelli</i>		
	6:50pm (40min) <i>coming soon</i>	6:50pm (40min) TRX Training <i>Kim</i>	6:35pm (60min) Turtle Flow Yoga <i>Maggie</i>	6:50p (40min) Boot Camp <i>Keith</i>		

Spinning Class Schedule

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