



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

Spinning Class Schedule

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