



### Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am (30min) <b>Hard Core</b> Ellen					
	6:15am (45min) <b>Vinyasa Yoga</b> Lara F	6:30am (45min) <b>Total Strength</b> Ellen	6:15am (45min) <b>Vinyasa Yoga</b> Lara F	6:30am (45min) <b>Total Strength</b> Ellen	6:15am (75min) <b>Turtle Flow Yoga</b> Maggie	9:30am (90min) <b>Boot Camp &amp; Spin</b> Lara
10:30am (45 min) <b>H.I.I.T.</b> Amanda	11:45am (40min) <b>007 Training</b> Liz	11:45am (40min) <b>Vinyasa Yoga</b> Lara F	11:45am (40min) <b>Cardio Camp</b> Sandra	11:45am (40min) <b>TRX Training</b> Charles	11:30am (45min) <b>Cooking Demo</b> 8/14	
	12:30pm (40min) <b>TRX Training</b> Charles	12:30pm (40min) <b>Boot Camp</b> Lara K	12:30pm (30min) <b>Amazing Abs</b> Sandra	12:30pm (40min) <b>Boot Camp</b> Lara K	12:30pm (40min) <b>Ultimate Conditioning</b> Liz	
	5:45pm (45min) <b>Toning</b> Melissa	5:45pm (45min) <b>PiYo</b> Theresa	5:45pm (60min) <b>BootyBarre</b> Lana	5:45pm (45min) <b>H.I.I.T.</b> Kristen		

### Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:30am (45min) Ellen	6:30am (45min) Velma	6:30am (45min) Amanda	6:30am (45min) Velma	6:30am (45min) Amanda	8:45am (50min) Velma
10:30am (60min) Becca		11:45am (40min) Terry		12:00pm (25min) <b>Sprint Spin</b> Lara K		9:30am (90min) <b>Boot Camp &amp; Spin</b> Lara K
	5:45pm (45min) Brad	6:00pm (50min) Becca	5:45pm (60min) Jessie	6:00pm (60min) Jessie		