



Cardio Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:45am - 6:30am Reserved fitCAMP	5:45am - 6:30am Reserved fitCAMP	5:45am (45min) Met Melt Velma	5:45am - 6:30am Reserved fitCAMP	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 fitCAMP
9:30am (45 min) H.I.I.T. Jessie/Terry						10:00am (45min) Met Melt Velma
10:30am (60min) Yin Yoga Kelli	11:10am - 11:55am Reserved fitCAMP	11:10am - 11:55am Reserved fitCAMP	11:30am (30min) Tabata's Sandra	11:10am - 11:55am Reserved fitCAMP	11:45am (40min) Met Melt Velma	
	12:00pm (30min) Kickboxing Charles	12:00pm (30min) Vinyasa Yoga Lara F	12:05pm (25min) Hard Core Sandra	12:00pm (30min) TRX Training Charles	12:30pm (45min) Vinyasa Yoga Kelli	
	12:35pm (40min) TRX Training Charles	12:35pm (40min) Boot Camp Lara K	12:35pm (45min) Vinyasa Yoga Kelli	12:35pm (40min) Boot Camp Lara K	1:20pm (40min) 1/11 Yoga Nidra Kelli	
	5:15pm - 6:00pm Reserved fitCAMP	5:15pm - 6:00pm Reserved fitCAMP		5:15pm - 6:00pm Reserved fitCAMP		
	6:05pm (40min) Cardio Camp Ellen	6:05pm (40min) Toning Melissa	5:45pm (45min) Shake & Shred Melissa	6:05pm (40min) Barre Intensity Kelsey		
	6:50pm (45min) Burn Flow Melyssa	6:50pm (40min) Core Circuits Kim	6:35pm (60min) Turtle Flow Yoga Maggie	6:50pm (20min) Core Circuits Kelsey		

Spinning Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	6:15am (45min) Amanda	6:30am (45min) Brooke	6:30am (45min) Jessie	6:30am (45min) Brooke	6:15am (45min) Amanda	
						8:45am (60 min) Velma
	12:00pm (30min) Sprint Spin Kim			12:00pm (30min) Sprint Spin Lara K		
	5:45pm - 6:45pm Reserved Womens Fitness	5:45pm - 6:45pm Reserved Womens Fitness	5:35pm (45min) Kim	5:45pm - 6:45pm Reserved Womens Fitness		