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.** *Mitch*						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) **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** *Reva*	12:35pm (45min) **Vinyasa Yoga** *Kelli*	12:35pm (40min) **Boot Camp** *Kim*		
	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** *Kim*	5:45pm (45min) **Pound** *Melissa*	6:05pm (40min) **Barre Intensity** *Kelsey*		
		6:50pm (20min) **Core Ciruits** Kim	6:35pm (60min) **Turtle Flow Yoga** *Maggie*	6:50pm (20min) **Core Circuits** *Kelsey*		

Spinning Class Schedule

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