



CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM TRX ELIZABETH PE 110	5:45 AM INTERVAL CYCLE JANELLE TRACK	5:45 AM QUGONG CHRISTI PE 255	5:45 AM INTERVAL CYCLE JANELLE TRACK		9:00 AM INTERVAL TRAINING ELIZABETH PE 157
12:05 PM SCULPT GABRIELLE PE 110	12:05 PM TBA	12:05 PM VINYASA YOGA AMANDA PE 255	12:05 PM TONE & SCULPT GABRIELLE PE 110	12:05 PM ZUMBA GABRIELLE PE 110	
5:00 PM STRAIGHT UP SPIN HEIDI TRACK	5:00 PM ZUMBA GABRIELLE PE 255	5:00 PM SCULPT GABRIELLE PE 110	5:30 PM BARRE YOGA FUSION DARCY PE 255		
6:00 PM YIN & MEDITATION LYNN PE 255		6:00 PM BARRE MEGAN PE 255	6:45 PM YIN YOGA DARCY PE 255		
		7:15 PM POWER VINYASA YOGA LYNN PE 255			

