

	STUDIO 1	STUDIO 2	CYCLE	AQUA	STUDIO 1	STUDIO 2	CYCLE	AQUA
Monday		5:45 - 6:45 am <b>BODYCOMBAT</b> Suzanne			5:45 - 6:45 am <b>BODYPUMP</b> Marissa	FOR THE SAFETY OF OUR MEMBERS WE ASK THAT YOU ARRIVE ON TIME TO EACH CLASS. ALL MEMBERS MUST WAIT UNTIL THE CLASS IS FINISHED AND THE ROOM IS CLEARED OF EQUIPMENT BEFORE ENTERING THE STUDIO.		
		9:30 - 10:30 <b>BODYFLOW</b> Chris K.		9:30 - 10:15 Aqua Run - L Stephanie S.		9:30 - 10:15 Chair Pilates Laura		
				10:15 - 11:00 Poolates - T Stephanie S.	10:30 - 11:30 Zumba w/Toning Bob G.	10:30 - 11:30 Tai Chi Frank Zhong		10:30 - 11:15 Aqua Sculpt - L Sara F.
			10:30 - 11:15 Lite Cycle Chris K.					
					5:30 - 6:30 <b>BODYSTEP</b> Chris K.	5:30 - 6:30 <b>INSANITY</b> Chris D.		
					6:30 - 7:30 <b>BODYATTACK</b> Lori	6:30 - 7:00 Quick Fix Abs Chris D.		
					7:30 - 8:30 <b>BODYFLOW</b> Lori	7:00 - 8:00 <b>ZUMBA</b> Ashlee	New Time	
					8:30 - 9:00 H.I.I.T. Lori			
		5:30 - 6:30 <b>BODYCOMBAT</b> Joe M.	5:30 - 6:30 Restorative Yoga Steven					
		6:30 - 7:30 <b>BODYPUMP</b> Joe M.	6:30 - 7:30 Vinyasa Yoga Steven		6:30-7:15 H2O Blast Jan			
	7:45 - 8:45 Boxing Frank Zhong	7:30 - 8:30 <b>ZUMBA</b> Ashlee	7:00 - 8:00 Cycle Janmarie	7:15-8:00 Aqua Lite - T Jan				
Wednesday			5:45 - 6:45 am Cycle Janmarie		5:45 - 6:45 am <b>BODYPUMP</b> Marissa			
		9:30 - 10:30 <b>BODYPUMP</b> Marina	9:30 - 10:15 Chair Fitness Chris K.			8:30 - 9:25 Chair Yoga Steven	9:30 - 10:15 Aqua Cardio - L Chris	
						9:30 - 10:30 Yoga Flow Steven	10:15 - 11:15 Tai Chi - T Frank Zhong	
		10:30 - 11:30 <b>BODYCOMBAT</b> Katie		10:30 - 11:15 Aqua Cardio - L Chris K.	10:30 - 11:30 <b>ZUMBA</b> Stephanie Z.		10:30 - 11:15 Lite Cycle Chris K.	
		5:45 - 6:30 Athletic <b>BODYATTACK</b> Alicia	5:30 - 6:30 Barefoot Fusion Michelle		5:30 - 6:00 <b>BODYSTEP</b> Express Alicia	5:45 - 6:30 Tabs, Flabs & Abs Kyle		
		6:30 - 7:30 <b>BODYPUMP</b> Marina	6:30 - 7:30 <b>ZUMBA</b> Anielka	6:30 - 7:30 Cycle Janmarie	6:00 - 7:00 <b>BODYCOMBAT</b> Alicia	6:30 - 7:25 Strong by Zumba Stephanie Z.	6:30 - 7:30 Aqua Mix - L Paula	
		7:30 - 8:00 Quick Fix Abs Kyle	7:30 - 8:30 Tai Chi Frank Zhong		7:00 - 8:00 <b>BODYPUMP</b> Joe M.			
						7:30-8:30 Hatha Yoga Steven	7:30 - 8:15 Aqua Lite - T Paula	
Friday			5:45 - 6:45 am Cycle Janmarie		8:00 - 9:00 <b>BODYSTEP</b> Chris K.			
		9:00 - 9:50 Chair Fitness Chris K.			9:00 - 10:00 <b>BODYPUMP</b> Joe M.	9:00 - 10:00 <b>BODYATTACK</b> Lori	9:00 - 10:00 Cycle Chris K.	9:30 - 10:30 Aqua Cardio - L Sara F.
		9:30 - 10:30 <b>BODYCOMBAT</b> Alicia			10:05 - 11:05 <b>BODYCOMBAT</b> Joe M.	10:00 - 11:00 <b>BODYFLOW</b> Lori		10:30 - 11:00 Aqua Sculpt - L Sara F.
				10:00 - 10:45 Aqua Mix - T Chris K.		11:15 - 12:15 <b>ZUMBA</b> Ashlee		
		6:00 - 7:00 <b>BODYPUMP</b> Marina			9:30-10:30 <b>BODYCOMBAT</b> Katie	9:00 - 9:55 <b>ZUMBA</b> Chemise		
					10:30 - 11:30 <b>BODYPUMP</b> Marissa	10:00 - 11:00 Vinyasa Yoga Rosibel		
		Fit Kids* Classes	New Classes		*Additional Fees Apply			