

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am Hiit Conditioning Paige		9:00-10:00am Strength, Stretch, Mobility Shanna	9:15 -10:30am Pilates Barre Fusion Jenn	8:30 - 9:30am Strength, Stretch, Mobility Shanna	8:45-9:30am Raising the Bar Strength Serena / Maryan	
9-10:00am Pilates Barre Fusion Jenn	10-10:50am Total Body Strength MaryAnn		10-11:00am Water Aerobics Susana	9:45 -10:45am Circuit Training Paige	10-11:15am Happy Back Yoga Karen	
12-1pm Iyengar Yoga Dan	10-11:00am Water Aerobics Susana	12-1:00pm Iyengar Yoga Lisa				
12-12:50pm Semi Private Pilates \$ Carrie	11-11:50am Mat Pilates Chris	12-12:50pm Semi Private Pilates \$ Chris	11-11:50am Mat Pilates Carrie			
4-4:50pm Youth Pilates Sport Chris \$	12-12:50pm Semi Private Pilates Chris \$	4:30-5:45pm Happy Back Yoga Karen				
4:30-5:15pm Raising the Bar Strength Serena	4:30- 5:30pm Gyrokinesis Holly	6:00 -7:00pm Strength & Endurance Michelle	4:30-5:15pm Raising the Bar Strength Serena			