

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

