

morning

Mon	Tues	Wed	Thur	Fri	Sat
Wake Up & Workout Karen 6:15-7:00am  Express Abs Karen 7:00-7:15am	CAC Cycle Ron 6:00-6:45a	Wake Up & Workout TJ 6:15-7:00am  Express Abs TJ 7:00-7:15am	CAC Cycle Joanne 6:00-6:45am		CAC Cycle Instructor Rotates 8:15-9:15am
		CAC Cycle Joanne 6:30-7:15a			Power Flow Yoga Instructor rotates 10:00-11:30am
	Vinyasa Flow Yoga Litsa 7:00-8:00am		Vinyasa Flow Yoga Litsa 7:00-8:00am		

mid-day

Mon	Tues	Wed	Thur	Fri	Sat
CAC Cycle Anji 12:15-1:00pm	Express Abs Shannon 12:00-12:15pm  CAC Cycle Sculpt Express Shannon 12:15-12:50pm	CAC Cycle Ron 12:15-1:00pm	Express Abs Shannon 12:00-12:15pm  Boot Camp Cycle Shannon 12:15-1:00pm	CAC Cycle Shannon 12:15-1:00pm	
Pilates Kaitlin 11:30-12:30pm  Vinyasa Flow Yoga Litsa 12:30-1:30pm	Pilates Kaitlin 11:30-12:30pm  Vinyasa Flow Yoga Litsa 12:30-1:30pm	Pilates Michele 11:30-12:30pm  Vinyasa Flow Yoga Litsa 12:30-1:30pm	Pilates Kaitlin 11:30-12:30pm  Vinyasa Flow Yoga Litsa 12:30-1:30pm	Pilates Michele 11:30-12:30pm  Vinyasa Flow Yoga Litsa 12:30-1:30pm	
P90X Training Amy 11:15-12:00pm	P90X Training Bethany 1:30-2:15pm	P90X Training Anji 11:15-12:00pm	P90X Training Bethany 1:30-2:15pm	P90X Training Bethany 11:15-12:00pm	

evening

Mon	Tues	Wed	Thur	Fri	Sat
Express Abs Janet 5:45-6pm  CAC Cycle Janet 6:00-6:45pm	Yoga Basics Dee 5:30-6:30pm	CAC Cycle Jim 6:00-7:00pm	Yoga Basics Dee 5:30-6:30pm		
Ashtanga Litsa 6:00-7:15pm	Kickboxing Amy 6:30-7:15pm	Pilates Alice 6:00-7:00pm	Kickboxing Vicky 6:30-7:15pm		
		COMING SOON! Women Self-Defense Mandi 6-7p  COMING SOON! Krav Maga Mandi - 7-8p			