

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	Power Pilates Kaitlin 6:00-7:00am	CAC Cycle Joanne 6:00-6:45am	CAC Cycle Instructor Rotates 8:15-9:15am
Vinyasa Flow Yoga Joanne 6:30-7:30am				Vinyasa Flow Yoga Joanne 6:30-7:30am	Power Flow Yoga Instructor rotates 10:00-11:30am Meditation 11:30-12:00pm
	Vinyasa Flow Yoga Litsa 7:00-8:00am	Vinyasa Flow Yoga Litsa 7:00-8:00am	Vinyasa Flow Yoga Litsa 7:00-8:00am		

mid-day

Mon	Tues	Wed	Thur	Fri	Sat
Power Pilates Kaitlin 11:30-12:30pm	Pilates Mat Kaitlin 11:30-12:30pm	Pilates Mat Megan 11:30-12:30pm	Pilates Mat Megan 11:30-12:30pm	Power Pilates Kaitlin 11:30-12:30pm	
Vinyasa Flow Yoga Litsa 12:30-1:30pm	Vinyasa Flow Yoga Litsa 12:30-1:30pm	Vinyasa Flow Yoga Litsa 12:30-1:30pm	Vinyasa Flow Yoga Litsa 12:30-1:30pm	Vinyasa Flow Yoga Litsa 12:30-1:30pm	
CAC Cycle Corey 12:15-1:00pm	Express Abs Shannon 12:00-12:15pm 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	
P90X Training Amy 11:15-12:00pm	P90X Training Bethany 1:30-2:15pm	P90X Training Bethany 11:15-12:00pm	P90X Training Meghan 1:30-2:15pm	P90X Training Bethany 11:15-12:00pm	

evening

Mon	Tues	Wed	Thur
Ashtanga Yoga Litsa 6:00-7:15pm	Yoga Basics Dee 5:30-6:30pm	Pilates Mat Alice 6:00-7:00pm	Yoga Basics Dee 5:30-6:30pm
CAC Cycle Janet 6:00-6:45pm	Kickboxing Bootcamp Amy 6:30-7:15pm	CAC Cycle Jim 6:00-7:00pm	Kickboxing Bootcamp Vicky 6:30-7:15pm
	CAC Cycle Joanne 6:00-7:00pm		

Wednesday, March 24th
PILATES 101
A Charlotte Athletic Club exclusive workshop with Megan McGee & Kaitlin Vandura.
6:00p-7:30p
 Registration Required.
 Contact the front desk at 704.371.5600, or Shannon Wightman-Girard at shannon@charlotteathleticclub.com for details.