

morning

Mon	Tues	Wed	Thur	Fri	Sat
PowerX Karen 6:30-7:15am Express Abs Karen 7:15-7:30am	CAC Cycle Ron 6:00-6:45a	Express Abs Karen 6:30-6:45am PowerX Karen 6:45-7:30am	Power Pilates Kaitlin 6:15-7:00am	CAC Cycle Joanne 6:00-6:45am	CAC Cycle Joanne 8:15-9:15am
Vinyasa Flow Yoga Sri 6:30-7:30am		CAC Cycle Joanne 6:30-7:15a		Vinyasa Flow Yoga Joanne 6:30-7:30am	
	Vinyasa Flow Yoga Litsa 7:00-8:00am	Vinyasa Flow Yoga Sri 7:00-8:00am	Vinyasa Flow Yoga Litsa 7:00-8:00am		Power Flow Yoga Litsa 10:00-11:30am Meditation 11:30-12:00pm

mid-day

Mon	Tues	Wed	Thur	Fri	Sat
Power Pilates Kaitlin 11:30-12:30pm	Pilates Mat Elizabeth 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	
PowerX Training Amy 11:15-12:00pm	PowerX Training Sri 1:30-2:15pm	PowerX Training Sri 11:15-12:00pm	PowerX Training Meghan 1:30-2:15pm	PowerX Training Amy 11:15-12:00pm	

evening

Mon	Tues	Wed	Thur	Fri	Sat
Ashtanga Yoga Litsa 5:30-6:45pm	Yoga Basics Dee 5:30-6:30pm	Pilates Mat Alice 5:30-6:15pm	Yoga Basics Dee 5:30-6:30pm		
CAC Cycle Janet 6:00-6:45pm	Kickboxing Amy 5:30-6:15pm	PowerX Darnell 5:15-6:00pm	Kickboxing Vicky 5:30-6:15pm		
	CAC Cycle Joanne 6:00-7:00pm	CAC Cycle Jim 6:00-7:00pm			
		Fit-2-Fight/Mitt Class Mandi 6:00-7:00 pm			

Check out Fit-2-Fight/ Mitt Class
Here's a little snippet of what to expect: FTF is a program designed to teach boxing/sparring techniques. There is heavy mitt work and it is great interval training.