

## Monday

Time	Class	Instructor
7:00 AM	<b>Yoga</b>	Mariko
8:00 AM	<b>Total X</b>	Cindy Burns
8:30 AM	<b>SPINNING®</b>	Tammy Smith
9:15 AM	<b>Abs, Buns &amp; Thighs</b>	Carol Clark
10:00 AM	<b>Yoga</b>	Erryn Cleaver
11:30 AM	<b>Swing'n Seniors</b>	Carol Clark
5:30 PM	<b>Zero</b>	Chris Meyer
6:30 PM	<b>Total Barre</b>	Jessy Ward

## Tuesday

Time	Class	Instructor
6:00 AM	<b>SPINNING®</b>	Thomas Miller
7:00 AM	<b>Pilates Mat</b>	Cory Bufkin
8:00 AM	<b>Step-n-Sculpt</b>	Ceille Summy
8:30 AM	<b>SPINStrength</b>	Doug Katona
9:30 AM	<b>Power Pump Blast</b>	Cindy Burns
12:00 PM	<b>Pilates Mat II</b>	Maryann Thomson
5:10 PM	<b>CrossFusion WOD</b>	Doug & Janece Katona
6:00 PM	<b>SPINNING®</b>	Doug Katona

## Wednesday

Time	Class	Instructor
7:00 AM	<b>Pilates Mat</b>	Cory Bufkin
8:00 AM	<b>Total X</b>	Cindy Burns
8:30 AM	<b>SPINNING® Endurance</b>	Tammy Smith
9:15 AM	<b>Abs, Buns &amp; Thighs</b>	Carol Clark
10:00 AM	<b>Yoga</b>	Erryn Cleaver
11:30 AM	<b>Swing'n Seniors</b>	Carol Clark
5:30 PM	<b>B List</b>	Denise Bartlett
6:00 PM	<b>SPINNING®</b>	Amanda Walter

## Thursday

Time	Class	Instructor
6:00 AM	<b>SPINNING®</b>	Thomas Miller
7:00 AM	<b>Pilates Mat</b>	Cory Bufkin
8:00 AM	<b>Step-n-Sculpt</b>	Ceille Summy
8:30 AM	<b>SPINStrength</b>	Doug Katona
9:30 AM	<b>Power Pump</b>	Erryn Cleaver
12:00 PM	<b>Pilates Mat</b>	Maryann Thomson
5:30 PM	<b>CrossFusion</b>	Doug & Janece Katona

## Friday

Time	Class	Instructor
7:00 AM	<b>Yoga</b>	Mariko Crane
8:00 AM	<b>Total X</b>	Cindy Burns
8:30 AM	<b>SPINNING®</b>	Doug Katona
9:15 AM	<b>Abs, Buns &amp; Thighs</b>	Carol Clark
10:00 AM	<b>Yoga</b>	Erryn Cleaver
11:30 AM	<b>Swing'n Seniors</b>	Janece Katona

## Saturday

Time	Class	Instructor
8:00 AM	<b>60 minute SPINNING®</b>	Amanda Walter
9:00 AM	<b>Total Barre</b>	Cory/Jessy
10:00 AM	<b>Body Burn</b>	Maria

## Sunday

Time	Class	Instructor
7:00 AM	<b>SPINNING®</b>	Rotating
9:15 AM	<b>Yoga</b>	Georgina Sanders