


Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>1</p>	<p>2</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 5:30 LOW IMPACT HIIT Kelly 6:30 YOGA Jamie</p>	<p>3</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW Rebecca 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 BODY DESIGN Kelly 6:45 YOGA Jamie</p>	<p>4</p> <p>8:30 CORE COND. &amp; MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Danielle 5:30 CYCLING Millie 5:30 YOGA Vickie</p>	<p>5</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o DEEP Rox 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Danielle 6:45 YOGA Jamie</p>	<p>6</p> <p>8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:30 TABATA SCULPT Karen 12:00 H2o SHALLOW Rox</p>	<p>7</p> <p>8:30 PEDAL &amp; PUMP Mandy 10:00 YOGA Kate</p>
<p>8</p>	<p>9</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Vickie/Kelly 5:30 CYCLING Karen 5:30 LOW IMPACT HIIT Danielle 6:30 YOGA Karen</p>	<p>10</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW Rebecca 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Millie</p>	<p>11</p> <p>8:30 CORE COND. &amp; MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Danielle 5:30 CYCLING Kelly 5:30 YOGA Millie</p>	<p>12</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP Rox 10:00 SSS Vickie 12:30 TOTAL BODY Karen 4:30 CYCLING Kelly 5:30 BODY DESIGN Danielle 6:45 YOGA Karen</p>	<p>13</p> <p>8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 HITT Nicole 12:00 H2o SHALLOW Rox</p>	<p>14</p> <p>8:30 PEDAL &amp; PUMP Danielle 10:00 YOGA Kate</p>
<p>15</p>	<p>16</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Karen 5:30 CYCLING Vickie 5:30 LOW IMPACT HIIT Danielle 6:30 YOGA Karen</p>	<p>17</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o SHALLOW Rebecca 10:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Mandy 5:30 BODY DESIGN Millie 6:45 YOGA Jamie</p>	<p>18</p> <p>8:30 CORE COND. &amp; MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Nicole 5:30 CYCLING Kelly 5:30 YOGA Millie</p>	<p>19</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP Karen 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Nicole 5:30 BODY DESIGN Kelly 6:45 YOGA Jamie</p>	<p>20</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA CANCELED 12:30 TABATA SCULPT Nicole 12:00 H2o SHALLOW Rox</p>	<p>21</p> <p>8:30 PEDAL &amp; PUMP Nicole 10:00 YOGA Jamie</p>
<p>22</p>	<p>23</p> <p>8:30 TRIPLE TREAT Karen 9:45 YOGA Karen 12:30 CORE CYCLE Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Nicole 5:30 CYCLING Danielle 5:30 LOW IMPACT HIIT Mandy 6:30 YOGA Jamie</p>	<p>24</p> <p>7:30 AWT Karen 8:30 AWT Karen 8:30 H2o SHALLOW Rebecca 10:00 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Mandy 5:30 BODY DESIGN Vickie 6:45 YOGA Jamie</p>	<p>25</p> <p>8:30 CORE COND. &amp; MORE Vickie 9:45 YOGA Kate 12:30 CORE CYCLE Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Kelly 5:30 CYCLING Karen 5:30 YOGA Millie</p>	<p>26</p> <p>7:30 AWT Vickie 8:30 AWT Vickie 8:30 H2o DEEP Rox 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Millie 6:45 YOGA Jamie</p>	<p>27</p> <p>8:30 BODY DESIGN Danielle 9:45 YOGA Kate 12:30 HITT Nicole 12:00 H2o SHALLOW Rox</p>	<p>28</p> <p>8:30 PEDAL &amp; PUMP Karen 10:00 YOGA Karen</p>
<p>29</p>	<p>30</p> <p>8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CORE CYCLE Vickie 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Danielle 5:30 CYCLING Karen 5:30 LOW IMPACT HIIT Danielle 6:30 YOGA Jamie</p>	<p><b>CYCLING</b></p> <p>You can reserve a bike for the Cycling Classes by calling 453-5441 one hour prior to class. Please bring a towel and bottled water.</p> <p>Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p> 