

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
						<b>8:30 PEDAL &amp; PUMP</b> 1 Mandy <b>10:00—11:30 YOGA</b> Kate						
2	<b>8:30 TRIPLE TREAT</b> Millie <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Nicole <b>1:00 H2o DEEP</b> Karen <b>1:45 H2o SHALLOW</b> Karen <b>4:30 PURE STRENGTH</b> Mandy <b>5:30 CYCLING</b> Karen <b>7:00 YOGA</b> Jamie	3	<b>7:30 AWT</b> Karen <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Mandy <b>5:30 BODY DESIGN</b> Danielle <b>6:45 YOGA</b> Ann Marie	4	<b>8:30 CORE COND. &amp; MORE</b> Karep <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Beth <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 HIIT</b> Ann Marie <b>5:30 CYCLING</b> Kelly <b>5:30 YOGA</b> Ann Marie	5	<b>7:30 AWT</b> Vickie <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Vickie <b>4:30 CYCLING</b> Karen <b>5:30 BODY DESIGN</b> Kelly <b>6:45 YOGA</b> Karen	6	<b>8:30 BODY DESIGN</b> Ann Marie <b>9:45 YOGA</b> Ann Marie <b>12:00 H2o SHALLOW</b> Rox <b>12:30 TABATA SCULPT</b> Nicole	7	<b>8:30 PEDAL &amp; PUMP</b> Ann Marie <b>10:00—11:30 YOGA</b> Kate	8
9	<b>8:30 TRIPLE TREAT</b> Millie <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Vickie <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 PURE STRENGTH</b> Nicole <b>5:30 CYCLING</b> Danielle <b>7:00 YOGA</b> Jamie	10	<b>7:30 AWT</b> Karen <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Ann Marie <b>5:30 BODY DESIGN</b> Ann Marie <b>6:45 YOGA</b> Ann Marie	11	<b>8:30 CORE COND. &amp; MORE</b> Vickie <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Beth <b>1:00 H2o DEEP</b> Rox <b>1:45 H2o SHALLOW</b> Rox <b>4:30 HIIT</b> Mandy <b>5:30 CYCLING</b> Kelly <b>5:30 YOGA</b> Ann Marie	12	<b>7:30 AWT</b> Vickie <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Karen <b>4:30 CYCLING</b> Mandy <b>5:30 BODY DESIGN</b> Millie <b>6:45 YOGA</b> Millie	13	<b>8:30 BODY DESIGN</b> Karen <b>9:45 YOGA</b> Karen <b>12:00 H2o SHALLOW</b> Rox <b>12:30 HIIT</b> Nicole	14	<b>8:30 PEDAL &amp; PUMP</b> Danielle <b>10:00—11:30 YOGA</b> Kate	15
16	<b>8:30 TRIPLE TREAT</b> Vickie <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Karen <b>1:00 H2o DEEP</b> Rebecca <b>1:45 H2o SHALLOW</b> Rebecca <b>4:30 PURE STRENGTH</b> Karen <b>5:30 CYCLING</b> Danielle <b>7:00 YOGA</b> Jamie	17	<b>7:30 AWT</b> Karen <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Mandy <b>5:30 BODY DESIGN</b> Danielle <b>6:45 YOGA</b> Ann Marie	18	<b>8:30 CORE COND. &amp; MORE</b> Vickie <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Beth <b>1:00 H2o DEEP</b> Rebecca <b>1:45 H2o SHALLOW</b> Rebecca <b>4:30 HIIT</b> Mandy <b>5:30 CYCLING</b> Kelly <b>5:30 YOGA</b> Millie	19	<b>7:30 AWT</b> Vickie <b>8:30 AWT</b> Vickie <b>10:00 SSS</b> Vickie <b>12:30 TOTAL BODY</b> Nicole <b>4:30 CYCLING</b> Millie <b>5:30 BODY DESIGN</b> Kelly <b>6:45 YOGA</b> Millie	20	<b>8:30 BODY DESIGN</b> Danielle <b>9:45 YOGA</b> Ann Marie <b>12:00 H2o SHALLOW</b> Rebecca <b>12:30 TABATA SCULPT</b> Nicole	21	<b>8:30 PEDAL &amp; PUMP</b> Nicole <b>10:00—11:30 YOGA</b> Kate	22
23		24		25	<b>8:30 CORE COND. &amp; MORE</b> Nicole <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Karen <b>4:30 HIIT</b> Ann Marie <b>5:30 CYCLING</b> Kelly <b>5:30 YOGA</b> Millie	26	<b>7:30 AWT</b> Karen <b>8:30 AWT</b> Karen <b>10:00 SSS</b> Karen <b>12:30 TOTAL BODY</b> Mandy <b>4:30 CYCLING</b> Nicole <b>5:30 BODY DESIGN</b> Ann Marie <b>6:45 YOGA</b> Ann Marie	27	<b>8:30 BODY DESIGN</b> Vickie <b>9:45 YOGA</b> Vickie <b>12:30 HIIT</b> Nicole	28	<b>8:30 PEDAL &amp; PUMP</b> Karen <b>10:00—11:30 YOGA</b> Kate	29
30	<b>8:30 TRIPLE TREAT</b> Millie <b>9:45 YOGA</b> Kate <b>12:30 CORE CYCLE</b> Karen	31	 <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>									