

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8:30 TRIPLE TREAT Karen 9:45 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 6:45 YOGA Jamie	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Mandy 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Maire	8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie		8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:30 TABATA SCULPT Karen	8:30 PEDAL & PUMP Mandy 10:00—11:30 YOGA Kate
7	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 6:45 YOGA Jamie	7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Karen	8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o DEEP Marlene 1:45 H2o SHALLOW Marlene 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Millie	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Ann Marie 5:30 BODY DESIGN Kelly 6:45 YOGA Ann Marie	8:30 BODY DESIGN Vickie 9:45 YOGA Karen 12:30 HIIT Nicole	8:30 PEDAL & PUMP Karen 10:00—11:30 YOGA Kate
14	8:30 TRIPLE TREAT Millie 9:45 YOGA Karen 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Ann Marie 5:30 CYCLING Kelly 6:45 YOGA Jamie	7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Karen 4:30 CYCLING Ann Marie 5:30 BODY DESIGN Danielle 6:45 YOGA Ann Marie	8:30 CORE COND. & MORE Nicole 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Ann Marie 6:00 YOGA Millie	7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Ann Marie 6:45 YOGA Ann Marie	8:30 BODY DESIGN Danielle 9:45 YOGA Kate 12:30 TABATA SCULPT Nicole	8:30 PEDAL & PUMP Nicole 10:00—11:30 YOGA Kate
21	8:30 TRIPLE TREAT Millie 9:45 YOGA Kate 12:30 CYCLING Karen 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 PURE STRENGTH Mandy 5:30 CYCLING Danielle 6:45 YOGA Jamie	7:30 AWT Millie 8:30 AWT Millie 10:00 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Kelly 5:30 BODY DESIGN Vickie 6:45 YOGA Ann Marie	8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Mandy 5:30 CYCLING Kelly 6:00 YOGA Ann Marie	7:30 AWT Vickie 8:30 AWT Vickie 10:00 SSS Vickie 12:30 TOTAL BODY Vickie 4:30 CYCLING Karen 5:30 BODY DESIGN Danielle 6:45 YOGA Karen	8:30 BODY DESIGN Karen 9:45 YOGA Karen 12:30 HIIT Nicole	8:30 PEDAL & PUMP Danielle 10:00—11:30 YOGA Kate
28	8:30 TRIPLE TREAT Vickie 9:45 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o DEEP Karen 1:45 H2o SHALLOW Karen 4:30 PURE STRENGTH Nicole 5:30 CYCLING Karen 6:45 YOGA Jamie	7:30 AWT Karen 8:30 AWT Karen 10:00 SSS Karen 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 BODY DESIGN Vickie 6:45 YOGA Ann Marie	8:30 CORE COND. & MORE Vickie 9:45 YOGA Kate 12:30 CYCLING Beth 1:00 H2o DEEP Rox 1:45 H2o SHALLOW Rox 4:30 HIIT Ann Marie 5:30 CYCLING Kelly 6:00 YOGA Ann Marie	<p style="text-align: center;">CYCLING</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. Beginner cyclists, come to class 10 minutes before class begins to get a proper bike fit</p> 		