

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30 CYCLING Jenny
2	3 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 6:00 YOGA Jamie	4 8:30 INTERVAL Karen 10:30 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Danielle 5:30 TOTAL BODY Danielle	5 8:30 BARRE Nicole 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW No Instructor 2:15 H2o SHALLOW No Instructor 4:30 HIIT Mandy 6:00 YOGA Ann Marie	6 8:30 INTERVAL Millie 10:30 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Jenny 5:30 TOTAL BODY Kelly	7 8:30 BODY DESIGN Karen 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole	8 8:30 CYCLING Danielle
9	10 8:30 TRIPLE TREAT Karen 10:30 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Mandy 6:00 YOGA Jamie	11 8:30 INTERVAL Millie 10:30 SSS Millie 12:30 TOTAL BODY Vickie 4:30 CYCLING Jenny 5:30 TOTAL BODY Kelly	12 8:30 BARRE Millie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW No Instructor 2:15 H2o SHALLOW No Instructor 4:30 HIIT Mandy 6:00 YOGA Ann Marie	13 8:30 INTERVAL Vickie 10:30 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Danielle 5:30 TOTAL BODY Jenny	14 8:30 BODY DESIGN Vickie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole	15 8:30 CYCLING Mandy
16	17 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Nicole 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Karen 6:00 YOGA Jamie	18 8:30 INTERVAL Karen 10:30 SSS Karen 12:30 TOTAL BODY Vickie 4:30 CYCLING Jenny 5:30 TOTAL BODY Danielle	19 8:30 BARRE Vickie 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Jenny 6:00 YOGA Ann Marie	20 8:30 INTERVAL Millie 10:30 SSS Millie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 TOTAL BODY Kelly	21 8:30 BODY DESIGN Danielle 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 TABATA SCULPT Nicole	22 8:30 CYCLING Jenny
23	24 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Nicole 6:00 YOGA Jamie	25 8:30 INTERVAL Karen 10:30 SSS Karen 12:30 TOTAL BODY Karen 4:30 CYCLING Jenny 5:30 TOTAL BODY Kelly	26 8:30 BARRE Danielle 10:30 YOGA Kate 12:30 CYCLING Beth 1:00 H2o SHALLOW Rox 2:15 H2o SHALLOW Rox 4:30 HIIT Jenny 6:00 YOGA Ann Marie	27 8:30 INTERVAL Vickie 10:30 SSS Vickie 12:30 TOTAL BODY Nicole 4:30 CYCLING Karen 5:30 TOTAL BODY Danielle	28 8:30 BODY DESIGN Millie 10:30 YOGA Karen 12:00 H2o SHALLOW Karen 12:30 HIIT Nicole	29 8:30 CYCLING Danielle
30	31 8:30 TRIPLE TREAT Millie 10:30 YOGA Kate 12:30 CYCLING Vickie 1:00 H2o SHALLOW Karen 2:15 H2o SHALLOW Karen 4:30 PURE STRENGTH Vickie 6:00 YOGA Jamie					