



Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM						
5:30 AM		BODY SCULPT	STEP INTERVAL	POWERSCULPT	PILATES	
6:00 AM		Gerry	Anastasia	Anastasia	Gerry	
6:30 AM						
7:00 AM						
7:30 AM			7:50		7:50	
8:00 AM			POWER CORE YOGA		POWER VINYASA FLOW	
8:30 AM	INTERMEDIATE YOGA	HATHA YOGA	Kristina	MIXED LEVEL FLOW	Kaeli	
9:00 AM	Beverly	Donna	PILATES	Monica	PILATES	H.I.I.T.
9:30 AM			Gerry		Gerry	April
10:00 AM		GENTLE YOGA			10:15	
10:30 AM		Carsen			GENTLE YOGA	
11:00 AM			11-12:30		Kaeli	
11:30 AM			TAI CHI			
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM			WEIGHT/CARDIO CLASS			
5:00 PM			Catherine	FULL FORCE CIRCUIT		
5:30 PM	PILOXING	CORE CLASS	ZUMBA	Anastasia		
6:00 PM	Anastasia	FUNKY STRONG YOGA	Darla	6:15pm		
6:30 PM		Bunny		POWER VINYASA FLOW		
7:00 PM				Anastasia		
7:30 PM						