

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>						
8:30 - 9:30 <b>Step Interval</b> Shana	6:00 - 7:00am <b>Spin</b> Tracey	6:00 - 7:00am <b>Body Blast</b> Fran Aivaz	6:00 - 7:00am <b>Cardio</b> <b>Cross Train</b> Shana	6:00 - 7:00am <b>Spin</b> Christina	6:00 - 7:00am <b>Pilates</b> Fran Aivaz	8:00 - 8:50am <b>Boxing</b> <b>Body Sculpt</b> <u>Harry Otto</u>
9:30 - 10:30am <b>Yoga</b> Kathy	9:00 - 10:00am <b>Total Body</b> <b>Conditioning</b> Staff	9:15 - 10:15am <u>Karatestrike</u> <b>Cardio-Kick</b> <b>Sculpt</b> Harry Otto	9:15 - 10:15am <b>Cardio</b> Tracey	9:15 - 10:15am <b>Kick with</b> <b>Weights</b> Pamela	9:15 - 10:15am <b>Total Body</b> <b>Conditioning</b> Pamela	9:00 - 9:50am <b>Spin</b> Sonia
	10:00 - 11:00am <b>Pilates</b> Sonia K	10:30 - 11:29am <b>Yoga</b> Kathy	10:15 - 11:15am <b>Yoga</b> Tracey	10:15 - 11:15am <b>Pilates</b> Pamela	10:30 - 11:30am <b>Yoga</b> Staff	10:00 - 11:00am <b>Total Body</b> Sonia
<b>Evening Classes</b>						
	6:00 - 7:00pm <b>Cardio</b> <b>Fusion</b> Fran Aivaz	6:30 - 7:30pm <b>TKO Boxing</b> <b>Bootcamp</b> Gina	5:30 - 6:30pm <b>Yoga</b> Kathy	6:00 - 7:00pm <b>Zumba</b> Shana		
	7:00 - 7:45pm <b>Spin!</b> Pamela	7:30 - 8:30pm <b>Yoga</b> Kathy	7:00 - 8:00pm <b>Power Low</b> <b>Sculpt</b> Gina	7:00 - 7:45pm <b>Spin</b> Susan Stivalo		
	7:45 - 8:45pm <u>IMX Pilates</u> Pamela	7:30 - 8:30pm <b>Spin!</b> Gina	8:00 - 9:00pm <b>Spin</b> Pamela			