






































































SPRING 2018

SESSION 1
January 10 - February 28

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
 8:00 - 8:45am TRX Track Level	 8:00 - 8:45am Cycling Studio 7	 9:00 - 10:00am Salutation Yoga Studio 11	 8:00 - 8:45am Cycling Studio 7	 11:00 - 12:00pm Meditation Yoga Studio 11	 12:00 - 1:00pm Beginner Yoga Studio 11
 9:00 - 10:00am Salutation Yoga Studio 11	 8:00 - 9:00am Sunrise Yoga Studio 11	 3:15 - 3:45pm Killer Core Studio 9	 1:00 - 1:45pm Cycling Studio 7	 12:00 - 12:45pm TRX Track Level	 1:15 - 1:45pm Quick Cycle Studio 7
 3:15 - 3:45pm Killer Core Studio 9	 1:00 - 1:45pm Cycling Studio 7	 3:45 - 4:45pm Pilates Studio 11	 2:30 - 3:30pm Pilates Studio 11	 1:00 - 1:30pm Quick Cycle Studio 7	 4:00 - 4:45pm Cycling Studio 7
 3:45 - 4:45pm Pilates Studio 11	 2:15 - 3:15pm Dance Blast Studio 11	 4:00 - 4:45pm Tabata Studio 9	 3:45 - 4:45pm Dance Blast Studio 11	 3:00 - 4:00pm Salutation Yoga Studio 11	 5:00 - 6:00pm Pilates Studio 11
 4:00 - 4:45pm Tabata Studio 9	 4:15 - 4:45pm Quick Cycle Studio 7	 5:00 - 5:30pm Buns & Guns Studio 11	 4:00 - 4:45pm Cycling Studio 7	 4:00 - 4:45pm TRX Track Level	 6:00 - 7:00pm Salutation Yoga Studio 9
 4:15 - 4:45pm Quick Cycle Studio 7	 5:00 - 5:30pm 30-Min. Yoga Studio 11	 5:15 - 5:45pm Track Level	 4:15 - 4:45pm Buns & Guns Studio 9	 6:00 - 6:45pm Cycling Studio 7	 6:45 - 7:15pm TRX Track Level
 5:00 - 6:00pm Sunset Yoga Studio 11	 6:00 - 6:45pm Cycling Studio 7	 5:15 - 5:45pm Killer Core Studio 9	 5:00 - 6:00pm Sunset Yoga Studio 11		 7:00 - 8:00pm Zumba Studio 11
 5:15 - 5:45pm Killer Core Studio 9	 6:00 - 6:45pm Boot Camp Studio 9	 5:45 - 6:45pm Salutation Yoga Studio 11	 5:00 - 5:30pm Killer Core Studio 9		 7:15 - 7:45pm Killer Core Studio 9
 6:00 - 6:45pm Cycling Studio 7	 6:15 - 6:45pm TRX Track Level	 6:00 - 6:45pm Cycling Studio 7	 6:00 - 6:45pm Strength Circuit Studio 9		 7:30 - 8:15pm Cycling Studio 7
 6:00 - 6:45pm Strength Circuit Studio 9	 7:00 - 7:30pm Buns & Barre Studio 11	 6:00 - 6:45pm Boot Camp Studio 9	 6:15 - 6:45pm TRX Track Level		
 6:45 - 7:15pm TRX Track Level	 7:00 - 8:00pm Zumba Studio 11	 7:00 - 8:00pm Zumba Studio 11	 6:15 - 6:45pm Quick Cycle Studio 7		
 7:00 - 7:30pm Buns & Guns Studio 9	 8:00 - 8:45pm Cycling Studio 7	 7:15 - 7:45pm Buns & Guns Studio 9	 7:00 - 7:30pm Buns & Guns Studio 9		
 7:00 - 8:00pm Zumba Studio 11		 8:00 - 8:45pm Cycling Studio 7	 7:00 - 7:45 Tabata Studio 11		
 7:30 - 8:00pm Quick Cycle Studio 7		 8:15 - 8:45pm Killer Core Studio 11			
 8:15 - 8:45pm Killer Core Studio 11					

LEGEND

-  CORE
-  STRENGTH
-  CYCLING
-  MIND & BODY
-  HIGH INTENSITY
-  ZUMBA/HIP-HOP