



GROUP X SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30AM	5:30AM	5:30AM	5:30AM		
BOOT CAMP (MARIA)	\$BOOT CAMP (SNOW)	BOOT CAMP (MARIA)	\$BOOT CAMP (SNOW)	BOOT CAMP (MARIA)		
6:30AM	6:30AM	6:30AM	6:30AM	6:30AM		
\$BOOT CAMP (SNOW)	\$BOOT CAMP (SNOW)	\$BOOT CAMP (SNOW)	\$BOOT CAMP (SNOW)	\$BOOT CAMP (SNOW)		
6:00AM		6:00AM		6:00AM		
\$FITZONE (DAISY)		\$FITZONE (DAISY)		\$FITZONE		
7:30AM	7:30AM	7:30am	7:30AM	7:30AM	7:00AM	
GENTLE SCULPT (CINDIE)	YOGA FLOW (JUDY)	GENTLE SCULPT (CINDIE)	YOGA FLOW (JUDY)	GENTLE SCULPT (CINDIE)	\$BOOT CAMP (SNOW)	
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:00AM	
YOGA (VEENA)	BARRE&PILATES (SUSAN)	YOGA VITALLICS (SUSAN)	BARRE (JESSICA)	YOGA (CINDIE)	MAT PILATES (CINDIE)	
STRETCH(UPSTAIRS) (LUIS)		STRETCH-UPSTAIRS (LUIS)		9:00AM STRETCH(UPSTAIRS) (LUIS)		
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	9:00AM	9:00AM
PILATES SCULPT (HOLLY)	YOGA (SUSAN)	BALLET (SUSAN)	YOGA VITALLICS (SUSAN)	PILATES SCULPT (HOLLY)	YOGA MEDITATE (VEENA)	YOGA MEDITATE (VEENA)
10:30AM	10:30AM	10:30AM	10:30AM	10:30AM	10:15&10:45AM	10:00AM
LEVEL2 CIRCUIT (MARIA)	LEVEL1 CIRCUIT (MARIA)	LEVEL2 CIRCUIT (MARIA)	LEVEL1 CIRCUIT (MARIA)	LEVEL2 CIRCUIT (MARIA)	STRETCH (LUIS)UPSTAIRS	BODY SCULPT (ROTATION)
	12:00PM		12:00PM		11:30AM	
	\$ADULT JIU-JITSU (JASON)		\$ADULT JIU-JITSU (JASON)		\$FAM. JIU-JITSU (JASON)	
5:00PM	4:00PM	5:00pm	4:00PM			
KICK BOXING (MARY)	\$JIU-JITSU(JRs) (JASON)	KICK BOXING (MARY)	\$JIU-JITSU (JRs) (JASON)			
		5:00PM STRETCH(UPSTAIRS) (LUIS)				
6:00PM	6:30PM	6:30PM	6:30PM			
RESTORE YOGA (JUDY)	\$BOOT CAMP (SNOW)	\$BOOT CAMP (SNOW)	\$BOOT CAMP			
7:30PM	7:30PM	7:30PM	7:30PM			
\$JIU-JITSU (JASON)	\$JIU-JITSU (JASON)	\$JIU-JITSU (JASON)	\$JIU-JITSU (JASON)			

SPIN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM		7:30AM			8:15AM	8:30AM
LINDA		LINDA		LINDA	ROTATION	CAROLYN
9:00AM	9:00AM	9:00AM	9:00AM	9:00AM		
JESSICA	MEG	MEG	SUE	SUE		
6:00PM	6:00PM	6:00PM	6:00PM			
TRISH	HOLLY (SPIN & SCULPT)	TRISH	REGINA (BEGIN SPIN)			