



	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	RISE & SHINE BOOTCAMP		RISE & SHINE BOOTCAMP		BODY PUMP EXPRESS		
7:00 AM	SUNRISE YOGA		SUNRISE YOGA				
8:30 AM	BODY SCULPT SPIN	BARRE	POWER HOUR SPIN	BODY PUMP	POWER YOGA		
9:30 AM	PACESETTER	POWER YOGA	PACESETTER	POWER YOGA	PACESETTER	BODY PUMP	
10:30 AM	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS		
2:00 PM							SPIN
4:30 PM	INSANITY	BODY PUMP	INSANITY	BODY PUMP			
5:30 PM	BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS	STEP	BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS	AB ATTACK	BODY PUMP		
6:00 PM	SPIN	TAI CHI		SPIN  TAI CHI			
6:30 PM		F.I.R.E. BOOTCAMP		F.I.R.E. BOOTCAMP			

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