

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:30 A.M. MAXX FIT CYNTHIA MAIN	5:30-6:30 A.M. BOOTCAMP STACY MAIN	8:30-9:30 A.M. GROUP POWER MISIEL MAIN	5:30-6:30 A.M. RIPPED STACY MAIN	5:15-6:15 A.M. CYCLE/STRENGTH SANDRA CYCLE	8:30-9:30 A.M. STEP DERRICK 10TH 24TH / LISA 3 & 17 MAIN	9:00 SCULPT 9:30-10:30 A.M. CYCLE MY RIDE CYNTHIA / CYCLE
9:30-10:30 A.M. YOGA FLOW MARTHA MIND BODY	8:30-9:15 A.M. ZUMBA 9:15-10:00 A.M. MAIN	9:30-10:30 A.M. AQUA NATALIE POOL	8:30-9:30 A.M. BUTTS & GUTS CYNTHIA MAIN	8:30-9:30 A.M. POWERFLEX AMANDA MAIN	9:30-10:30 A.M. ZUMBA CONWAY/STEPHAN BASKETBALL CT.	9:30-10:30 A.M. BUTTS&GUTS DERRICK I MAIN 11 TH /25TH
9:30-10:30 A.M. CYCLE CYNTHIA CYCLE	9:15-10:00 A.M. STRONG BY ZUMBA STEPH	9:30-10:30 A.M. CARDIO PUMP KELLEY MAIN	9:30-10:30 A.M. SPIN CYNTHIA CYCLE	9:00-10:00 A.M. YIN YOGA RONNA MIND BODY	9:30-10:30 A.M. CYCLE CYNTHIA CYCLE	9:30-10:30 A.M. BODY ON THE BALL 4 TH / 18TH STACY I MAIN
9:30-10:30 A.M. GROUP POWER MISIEL MAIN	9:00-10:00 A.M. AQUAPOLE JOSLYN POOL	9:30-10:30 A.M. YOGA FLOW MARTHA MIND BODY	9:30-10:30 A.M. WEIGHT TRAINING TABETHA MAIN	9:30-10:30 A.M. KICKBOXING WT/IT KELLEY MAIN	9:30-10:30 A.M. CARDIO KICKBOXING STACY I MAIN	10:30-11:30 A.M. RIPPED STACY I MAIN 4TH / 18TH
9:30-10:30 A.M. AQUA DANCE FITNESS ONA I POOL	9:30-10:30 A.M. VINYASA YOGA MARTHA MIND BODY	10:30-11:30 A.M. ZUMBA STEPHANIE H MAIN	9:30-10:30 A.M. VINYASA YOGA MARTHA MIND BODY	9:30-10:30 A.M. AQUA STACY POOL	9:45-10:45 A.M. YOGA FLOW RONNA MIND BODY	10:30-11:30 A.M. THE MIX 11 TH 25TH DERRICK I MAIN
10:30-11:30 A.M. BOTCAMP LISA MAIN	10:00-10:45 A.M. KICKBOXING CARRIE MAIN	5:00-6:00 P.M. POWER MIX DERRICK MAIN	10:30-11:30 A.M. HIP HOP GIAVANNA MAIN	9:30-10:30 A.M. CYCLE MY RIDE NATALIE CYCLE	10:30-11:30 A.M. AQUA STACY POOL	12:00-1:00 P.M. ATHLETIC YOGA SANDRA MIND BODY
5:00-6:00 P.M. KICKBOXING IT DERRICK MAIN	9:30-10:30 A.M. CYCLE MY RIDE NATALIE CYCLE	6:00-7:00 P.M. POWERFLEX AMANDA MAIN	5:30-6:30 P.M. CYCLE NATALIE CYCLE	10:30-11:30 A.M. POWER PILATES FUSION AMANDA I MAIN	10:45-12:00 P.M. MAXX FITTER JUSTIN MAIN	
5:30-6:30 P.M. BEGINNER YOGA RONNA MIND BODY	10:45-11:15 A.M. CORE CONDITIONING CARRIE / MAIN	6:30-7:30 P.M. YOGA FLOW AFSOON MIND BODY	5:30-6:15 P.M. HIIT STRENGTH JUSTIN MAIN	11:30-12:10 P.M. H.I.I.T. CYNTHIA MAIN	11:00-12:00 P.M. HEALTHY BACKS RONNA MIND BODY	
5:30-6:30 P.M. AQUA NATALIE POOL	5:30-6:30 P.M. CYCLE NATALIE CYCLE	7:00-8:00 P.M. DSKO COREY MAIN	5:30-6:30 P.M. VINYASA YOGA AMANDA T MIND BODY	6:15-7:15 P.M. HIIT STRENGTH JUSTIN MAIN		
6:00-7:00 P.M. MAXX FIT JUSTIN MAIN	5:30-6:15 P.M. H.I.I.T. AMANDA MAIN	7:00-8:00 P.M. CYCLE NATALIE CYCLE	6:00-7:00 P.M. AQUA ONA POOL	7:15-8:15 P.M. YOGA FLOW AFSOON MIND BODY		
7:00-8:00 P.M. JUST CYCLE TIFFINEY CYCLE	6:00-7:00 P.M. HEALTHY BACKS RONNA MIND BODY	7:30-8:30 P.M. PILATES AFSOON MIND BODY	6:15-7:00 P.M. KICK BOX CRISTIN MAIN	7:30-8:30 P.M. ZUMBA ONA MAIN		
7:00-8:00 P.M. ZUMBA GIAVANNA BBALL COURT	6:30-7:30 P.M. POWER AQUA NATALIE POOL	7:30-8:30 P.M. ZUMBA GIAVANNA BBALL COURT	6:30-7:30 P.M. PILATES AFSOON MIND BODY			
7:00-8:00 P.M. DSKO COREY MAIN	6:30-7:30 P.M. CARDIO KICKBOXING STACY I MAIN		7:00-7:30 P.M. CORE CRISTIN MAIN			
7:30-8:30 P.M. VINYASA YOGA ERIN H MIND BODY	7:30-8:30 P.M. POWERFLEX GOLD AFSOON I MAIN		7:00-8:00 P.M. CYCLE CONWAY CYCLE			
	7:30-8:30 P.M. SLOW FLOW KARI MIND BODY		7:30-8:30 P.M. ZUMBA ONA MAIN			
			7:30-8:30 P.M. YOGA FLOW AFSOON MIND BODY			

MARCH

TIME
CLASS
INSTRUCTOR
LOCATION

POWERHOUSE FITNESS GYM CENTER

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