

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:30 A.M. <b>MAXX FIT</b> CYNTHIA MAIN	5:30-6:30 A.M. <b>BOOTCAMP</b> STACY MAIN	8:30-9:30 A.M. <b>REPS OVER REST</b> SHALYNNE MAIN	5:30-6:30 A.M. <b>RIPPED</b> STACY MAIN	5:15-6:15 A.M. <b>CYCLE</b> SANDRA CYCLE	8:30-9:30 A.M. <b>STEP</b> STEPH / LISA MAIN	9:00-10:30 A.M. <b>SCULPT N SPIN</b> CYNTHIA / CYCLE
9:30-10:30 A.M. <b>YOGA FLOW</b> MARTHA MIND BODY	8:30-9:15 A.M. <b>ZUMBA</b> STEPH Main	9:30-10:30 A.M. <b>AQUA</b> NATALIE POOL	8:30-9:30 A.M. <b>BUTTS &amp; GUTS</b> CYNTHIA MAIN	8:30-9:30 A.M. <b>POWERFLEX</b> STACY MAIN	9:30-10:30 A.M. <b>KICKBOXING</b> STEPH N MAIN	9:30-10:30 AM <b>BODY ON THE BALL</b> STACY / MAIN
9:30-10:30 A.M. <b>CYCLE</b> CYNTHIA CYCLE	9:15-10:00 A.M. <b>STRONG BY ZUMBA</b> STEPH	9:30-10:30 A.M. <b>CARDIO PUMP</b> KELLEY MAIN	9:30-10:30 A.M. <b>CYCLE MY RIDE</b> CYNTHIA CYCLE	9:00-10:00 A.M. <b>YIN YOGA</b> RONNA MIND BODY	9:30-10:30 A.M. <b>ZUMBA</b> ONA /STEPH B-BALL CT	10:30-11:30 A.M. <b>RIPPED</b> STACY MAIN
9:30-10:30 A.M. <b>BODY PUMP</b> STEPH N MAIN	9:00-10:00 A.M. <b>AQUAPOLE</b> JOSLYN POOL	9:30-10:30 A.M. <b>YOGA</b> MARTHA MIND BODY	9:30-10:30 A.M. <b>CARDIO PUMP</b> TABETHA MAIN	9:30-10:30 A.M. <b>KICKBOXING WT/IT</b> KELLEY MAIN	9:30-10:30 A.M. <b>CYCLE</b> CYNTHIA CYCLE	12:00-1:00 P.M. <b>ATHLETIC YOGA</b> SANDRA MIND BODY
9:30-10:30 A.M. <b>AQUA</b> ONA I POOL	9:30-10:30 A.M. <b>VINYASA YOGA</b> MARTHA MIND BODY	10:30-11:30 A.M. <b>ZUMBA</b> STEPHANIE H MAIN	9:30-10:30 A.M. <b>VINYASA YOGA</b> MARTHA MIND BODY	9:30-10:30 A.M. <b>AQUA</b> STACY POOL	9:30-10:30 A.M. <b>BETTER BACKS</b> RONNA MIND BODY	
10:30-11:30 A.M. <b>ZUMBA</b> GIA MAIN	9:30-10:30 A.M. <b>CYCLE MY RIDE</b> NATALIE CYCLE	11:30-12:15 pm <b>HIIT</b> CYNTHIA	10:30-11:00 A.M. <b>CORE AND MORE</b> CONWAY MAIN	9:30-10:30 A.M. <b>CYCLE MY RIDE</b> NATALIE CYCLE	10:30-11:30 A.M. <b>AQUA</b> ONA POOL	
5:15-6:00 P.M. <b>KICKBOXING IT</b> DERRICK MAIN	10:30-11:00 A.M. <b>CORE -N-MORE</b> CONWAY MAIN	5:15-6:00 P.M. <b>POWER MIX</b> DERRICK MAIN	5:30-6:30 P.M. <b>CYCLE</b> NATALIE CYCLE	10:30-11:30 A.M. <b>CARDIO CORE BLAST</b> STACY I MAIN	10:30-11:45 P.M. <b>MAXX FITTER</b> SANDRA MAIN	
5:30-6:30 P.M. <b>BEGINNER YOGA</b> RONNA MIND BODY	5:30-6:30 P.M. <b>CYCLE</b> NATALIE CYCLE	6:00-7:00 P.M. <b>BODY PUMP</b> JUSTIN MAIN	5:15-6:15 P.M. <b>POWER MIX</b> DERRICK MAIN	11:30-12:10 P.M. <b>H.I.I.T.</b> CYNTHIA MAIN	10:45-11:45A.M. <b>YOGA FLOW</b> AFSOON MIND BODY	
5:30-6:30 P.M. <b>AQUA</b> NATALIE POOL	5:30-6:15 P.M. <b>H.I.I.T.</b> AMANDA MAIN	6:30 – 7:30 P.M <b>"AQUAPOLE BOXING BAG"</b> JOSLYN	6:00-7:00 P.M. <b>AQUA</b> ONA POOL	6:15-7:15 P.M. <b>HIIT STRENGTH</b> JUSTIN MAIN	12:00-1:00 P.M. <b>Latin Dance</b> Afsoun Main	
5:30-6:30 P.M. <b>CYCLE</b> SANDRA CYCLE	6:00-7:00 P.M. <b>HEALTHY BACKS</b> RONNA MIND BODY	6:30-7:30 P.M. <b>YOGA FLOW</b> AFSOON MIND BODY	6:15-7:15 P.M. <b>BUTTS N GUTS</b> DERRICK MAIN	7:15-8:15 P.M. <b>YOGA FLOW</b> AFSOON MIND BODY		
6:00-7:00 P.M. <b>BODY PUMP</b> HEATHER MAIN	6:30-7:30 P.M. <b>CARDIO KICKBOXING</b> STACY I MAIN 6:30-7:30 P.M. <b>POWER AQUA</b> NATALIE POOL	7:00-8:00 P.M <b>DSKO</b> COREY MAIN	6:30-7:30 P.M. <b>PILATES</b> AFSOON MIND BODY	7:30-8:30 P.M. <b>ZUMBA</b> ONA MAIN		
7:00-8:00 P.M. <b>DSKO</b> COREY MAIN	7:00-8:00 P.M. <b>CYCLE</b> SANDRA CYCLE	7:00-8:00 P.M. <b>CYCLE</b> NATALIE CYCLE	7:30-8:30 P.M. <b>ZUMBA</b> ONA MAIN			
	7:00-8:00 P.M. <b>CYCLE</b> SANDRA CYCLE	7:30-8:30 P.M. <b>PILATES</b> AFSOON MIND BODY	7:30-8:30 P.M. <b>YOGA FLOW</b> AFSOON MIND BODY			
	7:00 – 8:00 PM <b>ZUMBA</b> BBALL COURT DIAMOND	7:30-8:30 P.M. <b>ZUMBA</b> GIAVANNA BBALL COURT				
	7:30-8:30 P.M. <b>SLOW FLOW</b> KARI					
	7:30-8:30 P.M. <b>POWERFLEX GOLD</b> AFSOON/MAIN					

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