

Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Stacy & Laina		Stacy & Laina		Boot Camp Mike
8:30am	Hard Core 9-9:30 am Kelly	Lisa	\$Boxing\$	Stacy	Kim
9:30am	Kelly	Kelly	Pilates Maria	Chris	Kelly
10:30am	Chris	Kim	Stretch To Win Dr. Perry	Yoga Gloria D	Boot Camp Kim
12:15pm	Core Cardio Susan Y	Chris	Hard Core Chris	Susan Y	Chris
4:30pm	Stacy	Yoga Gloria D	Kasia	Laina	Kasia
5:30pm	Anabel	Jenny	Jenny & Omar	Basil & Stacy	Elizabeth
6:30pm	Mike	Pilates Karen	Anabel	Stacy	
7:30pm		Basil & Maria	Susan Y	Jenny	

Time	Saturday	Sunday
6:00am		
8:00am	Jenny & Lisa	
9:00am	Maria & Stacy	Kelly & Kasia
10:00am	Laina	Kelly
11:00am	Yoga Sara	Susan Y
1:15pm		
4:30pm		
5:30pm		

Cycling Studio

5:45am		Maureen		Maureen	
9:15am	Nancy	Alissa	Stacey	Alissa	Stacey
5:30pm	Omar	Donna		Ed	
6:30pm			Omar		
8:00pm	Stacey		Stacey		

7:30am	Tricia	
8:45am	Lynda	Donna
10:00am	Wendy	Sharon