















Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	 Stacy & Laina		 Stacy & Laina		
8:30am	Hard Core 9-9:30 am Kelly	 8:45 am Anabel	Boot Camp Kim	 8:45 am Anabel	 Kim
9:30am	 Kelly	 Kelly	<i>Pilates</i>	 Chris	 Kelly
10:30am	 Chris	 Kim	 Kim	<i>Yoga</i> Gloria	 Susan Y
11:30am					
12:15pm		Boot Camp Ben		 Kim S	
4:30pm	 Stacey	<i>Yoga</i> Lorraine	 Lisa	 Lu	 Lisa
5:30pm	Boot Camp Ben 	 Jenny	 Jenny & Omar	 Basil & Stacy	
6:30pm	 Mike	 Basil & Maria	 Anabel	 Stacy	

Time	Saturday	Sunday
6:00am		
8:00am	 Jenny & Lisa	
9:00am	 Maria & Stacy	 Lisa
10:00am	 Laina	 Kelly
11:00am	<i>Yoga</i>	 Susan Y

Cycling Studio

5:30am		 Maureen			
9:15am	 Nancy	 Alissa	 Stacey	 Alissa	 Stacey
5:30pm	 Omar			 Ed	
6:30pm		 Ed	 Omar		
8:00pm	 Susan F.		 Susan F.		

7:30am	 Ed	
9:00am	 Lynda	 Alissa