Group Training 100 Dec 3 - 9, 2018

		STUDIO A			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio & Strength		MetaCardio MashUp			
8:00-9:00AM P90X	8:15-9:15AM Body Condtioning ANN	8:00-9:00AM Step & Strength	8:00-9:00AM H.I.I.T. KIM		
9:15-10:15AM MetaCardio Mix	9:15-10:15AM Zumba	9:15-10:15AM Body Conditioning	9:15-10:15AM Zumba	9:00-10:00AM Step Special	8:45-9:45 Athletic Conditioning
				LISA 10:00 11:00AM	KIM 10:00-11:00am
Zumba	Barre Fitness	P90X	Basic Cardio	Body Conditioning	WERQ
KRISTEN	EMILY	BRIAN	LINDA U	LISA	THERESA
11.45AM 12.20DM		12:00 12:45pm	11.45AM 12.20DM		
	& Stretch	Iron 4 Lunch			
MAUREEN	SUZANNE	SARAH H	BRIAN		
Mat Pilates					12:30-1:30 Barre Intensity CARRIE
	5:45-6:45PM	5:45-6:45pm	5:45-6:45pm		CARRIE
Barre Fitness TESIA	Zumba MEGAN	Strength & Sculpt KIM	WERQ EMILY M		
7:00-8:00PM					
H.I.I.T. KIM					
			- HEART RATE MON	ITORING AVAILABLE IN AL	L CYCLE CLASSES
TUESDAY	-		FRIDAY	SATURDAY	SUNDAY
8:00-8:45AM	5:45-6:45AM	8:00-9:00AM	5:45-6:45AM	8:00-9:00AM	8:30-9:30AM
Basic Cycle	CycleZone: The Sprint	CycleZone H.I.I.T.		CZ: Hits Over the Years	CycleZone TIFFANY
LINDA		LINDA		NIIVI	HEFANT
	CycleZone H.I.I.T. TIFFANY		CycleZone AMY		
CycleZone		CycleZone			
	BOOT		WRAPS OR GLOVES R	EQUIRED FOR ALL BOXING	KICKBOXING CLASSES
TUESDAY	WEDNESDAY		FRIDAY	SATURDAY	SUNDAY
6:15-7:00AM LED Boxing	6:00-7:00am Best of Both Worlds		6:05-7:05AM Ultimate Bootcamp	7:25-8:25AM Ultimate Bootcamp	9:00-10:00AM Cardio KickBoxing
					CAT 10:15-11:15AM
Cardio KickBoxing CAT	Total Training Bootcamp LINDA U. ♥		Ultimate Bootcamp KEVIN	Cardio KickBoxing CAT	Queenax Functional F CAT
	KickBoxing 45 CAT				
6:35-7:35PM Ultimate Bootcamp KEVIN	7:00-8:00PM Cardio KickBoxing CAT	Ultimate Bootcamp KEVIN	7:00-7:45PM LED Boxing BO	4:00-4:45pm LED Boxing BO	
		Best of Both Worlds			
		YOGA STUDIO			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Healthy Backs (sub)	Healthy Backs	Healthy Backs (sub)	Sculpt & Flow	Healthy Backs	
				9:15-10:30AM	8:45-9:45AM
Vinyasa	HATHA	Vinyasa	Hatha Yoga	Vinyasa	🔺 Yin
					MARY 10:00-11:00AM
Hatha CHARLES	PiYo LINDA U.	Hatha Yoga KAVITHA	Gentle Yoga MIMI	Hatha Yoga ANN	
					4:30-5:30PM Healthy Backs (sub) BRIAN (sub)
·	6:00-7:00PM				
•					
	★ Yin KARYN				
6:45-7:45PM ★ Healthy Backs	7:15-8:15PM	6:15-7:30PM ★ Vinyasa			
	KARYN 7:15-8:15PM	Yinyasa MJ (sub)			
Healthy Backs KAVITHA (sub)	KARYN 7:15-8:15PM Siow Flow LAURA	Vinyasa MJ (sub) POOL	EDIDAV	CATUDDAY	
📌 Healthy Backs	7:15-8:15PM	Yinyasa MJ (sub)	FRIDAY 9:15-10:15AM	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE 8:00-9:00AM P90X BRIAN 9:15-10:15AM MetaCardio Mix LINDA U 10:30-11:30AM Zumba KRISTEN 11:45AM-12:30PM Body Condtioning MAUREEN 1:00-2:00pm Mat Pilates AMY K 5:45-6:45PM Barre Fitness TESIA 7:00-8:00PM H.I.I.T. KIM 8:00-8:45AM Basic Cycle LINDA 5:45-6:45PM CycleZone HILARY 5:45-6:45PM CycleZone HILARY 5:45-6:45PM CycleZone HILARY 6:15-7:00AM LED Boxing BO 9:05-10:00am Cardio KickBoxing CAT 6:35-7:35PM Ultimate Bootcamp KEVIN 8:00-9:00AM Healthy Backs (sub) ANN (sub) 9:15-10:30AM Vision KEVIN	5:45-6:45AM Cardio & Strength SU2ANNE 8:00-9:00AM P90X Body Conditioning BRIAN ANN 9:15-10:15AM MetaCardio Mix LINDA U J:15-10:15AM MetaCardio Mix J:15-10:15AM MetaCardio Mix J:15-10:15AM MetaCardio Mix J:15-10:15AM Barre Fitness KRISTEN EMILY 11:15AM-12:30PM Body Condtioning MAUREEN SuZANNE 1:0:0-2:00pm Mat Pilates AMY K 5:45-6:45PM Senior Strength 8:00-8:00PM H.LLT. Basic Cycle LINDA UNDA LINDA UNDA LINDA St-45-6:45PM Selax MEGAN 7:00-8:00PM H.LI.T. Basic Cycle LINDA CYcleZone H.LLT. LINDA LINDA Best of Both Worlds BO BO BO BO BO	TUESDAY WEDNESDAY THURSDAY 5:45-6:45AM 5:45-6:45AM 5:45-6:45AM Biolo-9:00AM Body Conditioning BRIAN 8:15-9:15AM 8:00-9:00AM 9:90X Body Conditioning BRIAN 8:15-9:15AM 8:00-9:00AM 9:15-10:15AM 9:15-10:15AM Body Conditioning ANN 9:15-10:15AM 9:10A U 9:15-10:15AM Body Conditioning ANN 9:15-10:15AM 10:30-11:30AM 10:15-11:15AM 10:30-11:30AM Zumba Barre Fitness P90X KRISTEN 11:15AM-12:15PM 12:00-12:45pm 11:145AM-12:30PM Senior Strength Strength & Sculpt MAUREEN SUZANNE SARAH H 1:00-2:00pm Xumba Strength & Sculpt MAUREEN SUZANNE Strength & Sculpt MAT Pilates Zumba Strength & Sculpt MAT Pilates Zumba Strength & Sculpt Mat Pilates Zumba Strength & Sculpt MAUREEN SUZANNE Strength & Sculpt Strength & Sculpt Zumba Strength & Sculpt </td <td>TUESDAY WEDNESDAY THURSDAY FRIDAY 5:45:6:45AM 5:45:6:45AM 5:45:6:45AM 5:45:6:45AM S:00:9:00AM 8:15:9:15AM 8:00:9:00AM 8:00:9:00AM P30X Body Conditioning ANN ANN KIM 9:15:10:15AM 9:15:10:15AM 9:15:10:15AM 9:15:10:15AM 9:15:10:15AM 10:30-11:30AM 2:INIPER ANN ANN IXIMDAU 10:30-11:30AM 9:15:10:15AM 10:30-11:30AM 10:30-11:30AM Zumba Bare Fitness P90X Basic Cardio MARKEN Senior Strength 12:00-12:45pm 11:45AM-12:30PM Body Conditioning & Stretch S:45:6:45pm 5:45:6:45pm MAREEN Suzanne S:45:6:45pm EMLY MULY 10:30-11:30AM 5:45:6:45pm S:45:6:45pm EMLY MULY 11:45AM-12:30PM Suzanne S:45:6:45pm EMLY MULY 10:30:11:30AM 5:45:6:45pm Suzanne S:45:6:45pm EMLY MARTEEN Suzanne</td> <td>TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Cardio & Strength SUZANNE MetaCardio Mashup SUZANNE MetaCardio Mashup KM 8:00-9:00AM 9:00-10:00AM 8:00-9:00AM 10:0AA 10:0AA</td>	TUESDAY WEDNESDAY THURSDAY FRIDAY 5:45:6:45AM 5:45:6:45AM 5:45:6:45AM 5:45:6:45AM S:00:9:00AM 8:15:9:15AM 8:00:9:00AM 8:00:9:00AM P30X Body Conditioning ANN ANN KIM 9:15:10:15AM 9:15:10:15AM 9:15:10:15AM 9:15:10:15AM 9:15:10:15AM 10:30-11:30AM 2:INIPER ANN ANN IXIMDAU 10:30-11:30AM 9:15:10:15AM 10:30-11:30AM 10:30-11:30AM Zumba Bare Fitness P90X Basic Cardio MARKEN Senior Strength 12:00-12:45pm 11:45AM-12:30PM Body Conditioning & Stretch S:45:6:45pm 5:45:6:45pm MAREEN Suzanne S:45:6:45pm EMLY MULY 10:30-11:30AM 5:45:6:45pm S:45:6:45pm EMLY MULY 11:45AM-12:30PM Suzanne S:45:6:45pm EMLY MULY 10:30:11:30AM 5:45:6:45pm Suzanne S:45:6:45pm EMLY MARTEEN Suzanne	TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Cardio & Strength SUZANNE MetaCardio Mashup SUZANNE MetaCardio Mashup KM 8:00-9:00AM 9:00-10:00AM 8:00-9:00AM 10:0AA 10:0AA

Group Training 100 Dec 10-16, 2018

			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KIM			
8:15-9:15AM Strength & Stretch SUZANNE	8:00-9:00AM P90X BRIAN	8:15-9:15AM Body Condtioning ANN	8:00-9:00AM Step & Strength ANN	8:00-9:00AM H.I.I.T. KIM		
9:15-10:15AM MetaCardio MashUp	9:15-10:15AM MetaCardio Mix	9:15-10:15AM Zumba	9:15-10:15AM Body Conditioning	9:15-10:15AM WERQ (sub)	9:00-10:00AM Step Special	8:45-9:45 Athletic Conditioning
KIM	AMY 10:30-11:30AM	JENNIFER 10:15-11:15AM	ANN 10:30-11:30AM	EMILY M (sub) 10:30-11:30AM	TERRY 10:00-11:00AM	KIM 10:00-11:00am
Cardio Circuit DEBBIE	Zumba KRISTEN	Barre Fitness EMILY	P90X BRIAN	Basic Cardio LINDA U	Body Conditioning TERRY	WERQ THERESA
11:15AM-12:15PM		11:15AM-12:15PM				
Senior Balance Strength & Stretch	11:45AM-12:30PM Body Condtioning	Senior Strength & Stretch	12:00-12:45pm Iron 4 Lunch	11:45AM-12:30PM P90X		
DEBBIE 10:00 4:45 are	MAUREEN	SUZANNE	SARAH H	BRIAN		12:30-1:30
12:30-1:15pm Iron 4 Lunch SARAH H	1:00-2:00pm Mat Pilates AMY K					Barre Intensity CARRIE
5:45-6:45PM	5:45-6:45PM	5:45-6:45PM	5:45-6:45pm	5:45-6:45pm		Ontritie
Zumba KRISTEN	Barre Fitness TESIA	Zumba MEGAN	Strength & Sculpt KIM	WERQ EMILY M		
6:45-7:45PM Body Conditioning	7:00-8:00PM 💗 H.I.I.T.	7:00-8:00PM P90X	7:00-8:00PM MetaCardio MashUp			
KIM (sub)	KIM	BRIAN	KIM 🧡 👘			
		C	CLING STUDIO	- HEART RATE MON	ITORING AVAILABLE IN AI	LL CYCLE CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle	5:45-6:45AM CZ: Over the Years	8:00-9:00AM CZ: Drills w/ Hills	5:45-6:45AM CycleZone H.I.I.T.	8:00-9:00AM CycleZone	8:30-9:30AM CycleZone All Terrair
	KIM (sub)	KIM (sub)	KIM (sub)	KIM (sub)	KIM	TIFFANY
9:15-10:15AM CycleZone H.I.I.T. TIFFANY		9:15-10:15AM CZ Midweek Mountains TIFFANY		9:15-10:15AM CycleZone POWER AMY		
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone HILARY			
		BOOT	CAMP / BOXING	WRAPS OR GLOVES RE	QUIRED FOR ALL BOXING	KICKBOXING CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:05AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:05AM Ultimate Bootcamp KEVIN	7:25-8:25AM Ultimate Bootcamp KEVIN	9:00-10:00AM Cardio KickBoxing CAT
9:05-10:00AM Total Training Bootcamp	9:05-10:00am	9:05-10:00AM Total Training Bootcamp		9:05-10:00AM Ultimate Bootcamp	8:30-9:30AM Cardio KickBoxing	10:15-11:15AM Queenax Functional F
LINDA U. 12:00-12:45pm		LINDA U. 12:00-12:45pm		KEVIN	CAT	CAT
Kickboxing 45 V CAT		KickBoxing 45 CAT				
7:00-8:00PM	6:35-7:35PM	7:00-8:00PM	6:35-7:35PM Ultimate Bootcamp	7:00-7:45PM LED Boxing	4:00-4:45pm LED Boxing	
Cardio KickBoxing	Ultimate Bootcamp	Cardio KickBoxing				
		Cardio KickBoxing CAT	KEVIN 7:45-8:30 PM Best of Both Worlds	BO	BO	
Cardio KickBoxing	Ultimate Bootcamp		KEVIN 7:45-8:30 PM Best of Both Worlds BO			
Cardio KickBoxing CAT	Ultimate Bootcamp KEVIN	CAT	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO	во	BO	SUNDAY
Cardio KickBoxing	Ultimate Bootcamp KEVIN TUESDAY 8:00-9:00AM Therapeutic Yoga	CAT WEDNESDAY 8:00-9:00AM Healthy Backs	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga	BO FRIDAY 9:15-10:15AM Sculpt & Flow	BO SATURDAY 8:00-9:00AM Healthy Backs	SUNDAY
Cardio KickBoxing CAT	Ultimate Bootcamp KEVIN TUESDAY 8:00-9:00AM	CAT WEDNESDAY 8:00-9:00AM	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM	SUNDAY 8:45-9:45AM
Cardio KickBoxing CAT MONDAY 9:00-10:15AM Vinyasa	Ultimate Bootcamp KEVIN TUESDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM Vinyasa	8:45-9:45AM Yin
Cardio KickBoxing CAT MONDAY 9:00-10:15AM	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM	8:45-9:45AM
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ✓Vinyasa MARY	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN
Cardio KickBoxing CAT MONDAY 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga	Ultimate Bootcamp KEVIN 3:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ↓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs	Ultimate Bootcamp KEVIN 3:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM Yin	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ↓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN 4:30-5:30PM Yogalates
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA 5:45-6:45PM Slow Flow LINDA	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha CHARLES	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM Yin KARYN	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga KAVITHA	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ↓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN 4:30-5:30PM Yogalates
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA 5:45-6:45PM Slow Flow LINDA 7:00-8:00PM Hatha Yoga	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha CHARLES 6:45-7:45PM Healthy Backs	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM Yin KARYN 7:15-8:15PM Slow Flow	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ↓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN 4:30-5:30PM Yogalates
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA 5:45-6:43PM Slow Flow LINDA 7:00-8:00PM	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha CHARLES 6:45-7:45PM	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM ¥ in KARYN 7:15-8:15PM	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM 8:00-9:00AM 8:00-9:00AM SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga KAVITHA 6:15-7:30PM Slow Burn	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ↓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN 4:30-5:30PM Yogalates
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA 5:45-6:45PM Slow Flow LINDA 7:00-8:00PM Hatha Yoga KAVITHA	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha CHARLES 6:45-7:45PM Healthy Backs KAVITHA (sub)	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM Yin KARYN 7:15-8:15PM Slow Flow	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga KAVITHA 6:15-7:30PM Slow Burn MIKE POOL	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15-10:30AM ↓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN 4:30-5:30PM Yogalates SUZY
Cardio KickBoxing CAT 9:00-10:15AM Vinyasa ANN 10:30-11:30am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA 5:45-6:35PM Slow Flow LINDA 7:00-8:00PM Hatha Yoga	Ultimate Bootcamp KEVIN 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 10:45-11:45AM Hatha CHARLES 6:45-7:45PM Healthy Backs	CAT WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM Yin KARYN 7:15-8:15PM Slow Flow KARYN	KEVIN 7:45-8:30 PM Best of Both Worlds BO YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga SUZY 9:15-10:30AM Art of Vinyasa SUZY 11:00AM-12:00PM Hatha Yoga KAVITHA 6:15-7:30PM MIKE	BO FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga MIMI	BO SATURDAY 8:00-9:00AM Healthy Backs MARY 9:15:10:30AM ✓Vinyasa MARY 11:00AM-12:00PM Hatha Yoga TODD	8:45-9:45AM Yin KARYN 10:00-11:00AM Slow Flow KARYN 4:30-5:30PM Yogalates