

~ Class Schedule ~

(This schedule is also in the tri-fold brochure in the lobby)

~ A.M. Classes ~

MONDAY	TUESDAY	WEDNESDAY
<p>6:00-7:00 Spinning – Billie</p> <p>8:20</p> <p>Studio In Use LifeLong Learning</p> <p>10:30</p>	<p>5:45-6:25 Step/Weight – Jennifer</p> <p>6:30-7:15 Cardio Blast – Shawn</p> <p>8:45</p> <p>Studio In Use LifeLong Learning</p> <p>9:45</p>	<p>8:20</p> <p>Studio In Use LifeLong Learning</p> <p>10:30</p>
THURSDAY	FRIDAY	SATURDAY
<p>5:45-6:25 Step/Weight Intervals – Jennifer</p> <p>6:30-7:15 Cardio Blast – Shawn</p> <p>8:45</p> <p>Studio In Use LifeLong Learning</p> <p>11:00</p>	<p>6:00-7:00 Spinning – Maria</p> <p>8:20</p> <p>Studio In Use LifeLong Learning</p> <p>10:30</p>	<p>8:30-9:30 Step / Weight Intervals Jennifer</p> <p>9:40-10:40 Yoga Flow – Kathryn</p> <p>10:45-11:45 Cardio Blast- Shawn</p>
		Schedule is subject to change

~ P.M. CLASSES ~

MONDAY	TUESDAY	WEDNESDAY
<p>4:45–5:30 Step/Weight Intervals – Jennifer</p> <p>5:35–6:30 Cardio Blast – Shawn</p> <p>6:30-7:25 Yoga Flow - Kathryn</p>	<p>4:15-5:00 Youth Fitness- Shawn</p> <p>5:15–6:05 Step/Abs – Beth</p> <p>6:10–6:50 Cardio Kickboxing – Joy</p> <p>6:50 – 7:30 Body Sculpt/Abs/Weights – Joy</p>	<p>5:30–6:30 Step Blast / Weights – Marsha</p> <p>6:30–7:30 Cycle N' Pump – Tobey</p>
THURSDAY	FRIDAY	Sunday
<p>5:15–6:00 Burn & Build – Step/Weight – Marsha</p> <p>6:05–6:45 Cardio Kickboxing – Joy</p> <p>6:45–7:25 Body Sculpt/Abs/Weights – Joy</p>		
		Schedule is subject to change