



All Class Schedule

M
O
R
N
I
N
G

E
V
E
N
I
N
G

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
F.I.T. Justin 5:30-6:30 AM	Spin Express Cori 5:15-5:45AM	Spin Stacey 5:15 - 6:15 AM	Move It Matt 5:15-6:00 AM	Spin Tony/Stacey 5:15-6:15 AM	Spin Sue 7:30-8:15AM	Spin Jen 8:30-9:30 AM
	TRX Justin 5:30-6:15AM	Surge! 5:30-6:30AM	Yoga Power Hour Katie 5:30-6:30 AM	Muscle Derek 5:45-6:45AM	Vinyasa Yoga Elizabeth 9:30-10:30 AM	CardioCore Matt 8:30-9:30 AM
CUT Sue 8:15-9:15AM	Yoga Power Hour Sara R. 5:30-6:30 AM				Abs and Glute Blast Lisa 8:00-9:00AM	Muscle Brenda 9:30-10:30 AM
Yoga Power Hour Elizabeth 9:00-10:00 AM	Spin Cori 5:45-6:45AM	Vinyasa Flow Jill 8:00-9:00 AM	Muscle Cori 8:30-9:30 AM	TRX Matt 8:15-9:00AM	Spin Tony 8:30-9:30AM	Vinyasa Yoga Katie 9:30-10:30AM
Spin Sue 9:15-10:15AM	Abs and Glutes Leanne 8:00-9:00 AM	Move it!! Express Sue 8a-8:30 AM		Spin Cori 9:00-10:00 AM	Advance Bootcamp Sue 8:15-9:00AM	Dance NRG Brenda 10:30-11:30AM
	Move It! Jeremy 8:30-9:15AM	Spin Sue 8:30-9:30 AM		Power Yoga Elizabeth 9:00 am-10:00 am	NRG Barre Leah 9:00-10:00AM	
	Muscle Derek 9:30-10:30AM	Surge! 9:00-10:00AM			Bootcamp Sue 9:00-9:45AM	
					Amp'D 9:30-10:30AM	
				TRX Cori 12:15-1:00PM		
Tabata Matt 4:45-5:30 PM		NRG Barre Lisa 5:30-6:30 PM	NRG Barre Lisa 4:30-5:30 PM			Restorative Yoga Jill 4:45-5:45 PM
Spin Tony 6:00-6:45 PM		Dance NRG Brenda 5:30-6:30 PM				
Cardio Explosion Liz 6:15-7:00PM	TRX Ropes Justin 5:30-6:15PM	Spin Tony 6:00-6:45 PM	Spin Cori 6:00-7:00 PM	Hatha Yoga Jill 5:30-6:30 PM		
NRG Barre Leah 6:30-7:30 PM	Amp'D 6:30-7:30 PM	Move It! Derek 6:30-7:15 PM	Surge! 6:15-7:15 PM			
Muscle Tony 7:00-7:45 PM	Pound Brenda 6:45-7:45PM	Muscle Tony 7:00-7:45 PM				