



Group Fitness Studio A

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6:00am							
7:30am							
8:30am							Total BodySculpt Kathi
9:00am		Hi/Low Cardio Celeste	Total Body Sculpt Kathi	Hi/Low Cardio Kathi	Total Body Sculpt Kathi	Core Plus Kathi	Cardio Bench Blast (9:30) Kathi
10:00am			Step Kathi		Step Kathi		
5:00pm		Bodyshox Barbell (5:15) TA	Core Plus Kathi	Buns & Abs Kathi			
6:00pm		Step Interval Kathi		Cardio Bench Blast Kathi	Bodyshox Barbell TA		

Spin Studio *Please Arrive 15min Early*

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
5:45am			Cycle Jocelyn		Cycle Jocelyn		
8:15am							
9:00am							Cycle Kristi
5:15pm					Cycle TA		
5:30pm				Cycle Cassie			
6:00pm			Cycle Kristi				

SILVER SNEAKERS

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
10:20am				Cardio Circuit Kathi			
10:45am		Classic Kathi	Classic Kathi		Classic Kathi		Cardio Circuit Kathi
11:15am							
11:45am							