








Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 Spin  Johannes 8:30 - 9:25 20/20/20 Total Body Workout Charles 10:00 - 11:15 Yoga Bretten* 10:00 - 11:00 Spin  Melissa 5:30 - 6:30 Boot Camp (H.I.) Charles	7:00 - 8:15 Yoga Kate 9:30 - 10:30 Total Core Charles 5:30 - 6:30 Pilates Melissa	7:00 - 8:00 Spin  Tatsiana 8:30 - 9:45 Yoga Kate* 10:00 - 11:00 TRX Circuit (H.I.) Charles	7:00 - 8:15 Yoga Kate 9:30 - 10:30 Pilates Core Fusion Charles 5:30 - 6:30 Spin  Tatsiana	7:00 - 8:00 Spin  Johannes 8:30 - 9:25 20/20/20 Total Body Workout Charles 9:30 - 10:30 Pilates Core Fusion Charles 4:30 - 5:30 All in One (H.I.) Charles	9:00 - 10:30 Yoga Kate 10:00 - 11:30 Vicious Cycle (H.I.)  Charles	9:00 - 9:50 Pilates Melissa 10:00 - 11:00 Spin  Melissa
					* New class or Instructor	H.I. (high intensity class)

OFF SEASON HOURS

Mon - Fri 6am - 8pm
Sat - Sun 7am - 8pm

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