

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle All Levels 6:00 – 7:00 am Sue	Bootcamp Level 2-3 6:00 – 7:00am Wendy	Bootcamp 6:00 – 6:30 am HIIT 6:30 – 7:00 am Level 2-3 Alex	Bootcamp Level 2-3 6:00 – 7:00am Wendy	Vinyasa Yoga Lvl 2-3 6:00 – 7:00am Janet HIIT – 6:30 – 7:00 am Alex		
Hatha Yoga Level 1-2 8:00 – 9:00 am Claudia		Bootcamp Level 2-3 8:00 – 8:55 am Siobhan		Barre All levels 8:00 – 9:00 am Pat	HIIT Level 2-3 8:00 am – 8:30 am Cycle all levels 8:30 – 9:00 am	Hatha Yoga Level 1 9:15 – 10:15am Jackie
Pilates All levels 9:15 – 10:15am Judi	Mobility, Muscle and Stretch All levels 9:00 – 10:00am Kerri	Hatha Yoga Level 1 9:15 – 10:15 am Lynn	Essentrics All levels 9:00-10:00am Pat	Hatha Yoga Level 1-2 9:15 – 10:15 am Kerri	Muscle / Weights 9:00 am – 9:30 am Wendy/ Alex	
					Karate** 10:30 – 2:00pm	Karate** 10:45 – 12:00pm
Vinyasa Yoga with Weights Level 2-3 5:30 – 6:30pm Kerri	Bootcamp Level 2 & 3 5:30 – 6:30pm Siobhan	Butts & Guts / HIIT All Levels 5:30 – 6:00 pm Siobhan	Body Bar Sculpt Level 2 5:30 – 6:30pm Siobhan			
	HIIT Level 2-3 6:30 – 7:00 pm Dan	Cycle All Levels 6:00 – 7:00pm Siobhan	HIIT Level 2-3 6:30 – 7:00 pm Dan			
Hatha Yoga Level 1-2 8:15 – 9:15 pm Claudia	Karate** 7:35 – 8:30pm	Hatha Yoga Level 1-2 7:05-8:05pm Claudia	Karate** 7:00 pm – 9:30pm			

FITNESS FIRM HOURS
 MON-THURS 5AM-10:30PM
 FRI 5AM-9:30PM
 SAT 7:45AM-6PM
 SUN 7:45AM-5PM

****REQUIRES ADDITIONAL SIGN**
 See details at the front desk.

Instructors may be subject to change.