

GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am CYCLE KATIE		5:15am CYCLE MARY CATHERINE		7:00am CYCLE & WEIGHTS KATIE	
6:15am TOTAL BODY CONDITIONING JESSE		6:15am TOTAL BODY CONDITIONING JESSE		8:15am PILATES FUSION MEGAN	8:00am CYCLE MARY CATHERINE	
9:00am PRIVATE CLASS STUDIO CLOSED UNTILL 10:00am	9:15am TOTALBODY CONDITIONING MARY CATHERINE			9:15am TOTALBODY CONDITIONING MARY CATHERINE	8:15am HIIT19 JASON	
					9:15am CYCLE ASHLEY	
	4:15pm CYCLE MARY CATHERINE		4:15pm CYCLE ASHLEY		9:15am TOTALBODY CONDITIONING MARY CATHERINE	
5:15pm TOTAL BODY CONDITIONING ASHLEY	5:15pm CYCLE ASHLEY	5:15pm TOTAL BODY CONDITIONING ASHLEY			10:15am KICK BOXING JESSE	
	5:15pm PROSOCIAL TOTAL BODY CONDITIONING MEGAN	6:25pm HIIT19 JASON			11:15am YOGA – Hatha JIM	
7:15pm YOGA – Hatha JIM	6:15pm PILATES FUSION MEGAN	7:00pm PRIVATE CLASS STUDIO CLOSED UNTILL 8:00pm	7:15pm YOGA – Hatha JIM			