

Monday - 13		Tuesday- 14		Wednesday -15		Thursday- 16		Friday - 17		Saturday- 18	
5:30 Spinning	Christi	5:30 Body Pump	Christi	5:30 Spinning	Jane	5:30 Circuit 2K	Angie	5:30 Spinning	Nick N	8:30 Body Combat	Dina
8:30 Body Step	Michelle	5:30 Spinning	Jane	8:30 - Power Yoga	Jacqualine	8:30 Body Combat	Amy	5:30 Body Combat	Pam	8:30 Simple Spin	Janet
9 -10:30 Aquafit	Cindy P	8:30 Intense Body	Lorri	8:30 Body Pump	Laurie	9:00 Spinning	Christi	8:30 Body Pump	Christi	9:00 Aquafit	Sharon
9:30 Spinning	Joanna	9:00 Extreme Spin	Alissa	9:00 Aqua fit	Laura	9:00 Aquafit	Mary	9:30 RPM spin	Alissa	9:30 -11:00 Extreme spin	Joe
9:30 Pilates(MB)	Susan	9:00 Finning	Laura	9:30 Pilates on the Ball	Tyla	9:30 Intense Body	Angie	9:00 Aquafit	Sharon	9:30 Body Pump	Dina
9:30 Body Pump	Suzanne	10:00 Noodle Buff	Maryann	9:30 Spinning	Angie	9:30 Intrm. Yoga	Ellen	9:30 Pilates	Jesse	9:30 Pilates(MB)	Lee J
10:30 - Yoga	Craig	9:30 Basic Yoga	Jacqualine	9:30 Body Jam	Jesse	10:30 Active	Libby	9:30 BodyStep	Gina, Lynette	10:30 Body Jam	Ebony
10:30 Zumba Gold	Mattie	9:30 Body Combat	Jesse	10:30 Body Flow	Stephanie			10:30 Body Jam	Jesse	10:30 -12 Power Yoga (MB)	Ellen
		10:30- 10:45 Core	Jesse	10:30 Chiseled	Angie			10:30 Restorative Yoga	Craig	11:15 Spin	Jennifer G
No 11:30 Tai Chi		10:45 Zumba	Mattie							Yoga Fundamentals Workshop today 2:00 - 3:30	
4:30 Spinning	Angie			11:30 Tai Chi	Stuart	12:15 Spinning	Alissa	11:30 Adv. Tai Chi	Stuart		
4:45 Body Step	Lynette, Suzanne	12:15 Spinning	Pam								
5:45 Body Pump	Lynette					4:30 Body Combat	Tiffany			Sunday - 19	
6:00 Pilates	Tyla			4:30 Body Pump	Libby	5:45 SH'BAM	Jennifer			1:00 Spinning	Joe
6:00 Spinning	Joe	4:30 Intense Body	Angie	5:45 Body Step	Michelle, Kinsley	6:00 Simple Spin	Janet			2:00 Body Flow	Rambo
6:30 Aquafit	Cindy P	5:45 Body Combat	Pam	6:00 Spinning	Bonnie	5:45 Intense Body	Susan			2:00 Body Attack	Laurie
6:45 Zumba	Janice	6:00 Spinning	Alissa	6:30 Water Jogging	MaryAnn	6:45 Pilates	Jesse			2:15 Spinning	Jennifer
7:00 Body Flow	Stephanie	6:30 Noodle Buff	Mary Ann	6:45 Zumba	Tyler	6:45 Body Pump	Sarah			3:15- Body Pump	Kinsley K
7:00 Spinning	Joe	6:30 Basic Yoga	Ellen	7:00 Body Flow	Rambo	7:00 Spinning	Joe	5:45 Body Pump	Janice W		
8:00 Vinyasa Flow	Jennifer E	6:45 Body Pump	Lee J	8:15 Yoga	Wenda	7:45 Body Jam	Jesse	6:00 Spinning	Bonnie		
Monday - 20		Tuesday- 21		Wednesday - 22		Thursday - 23		Friday - 24		Saturday- 25	
5:30 Spinning	Christi	5:30 Body Pump	Pam	5:30 Spinning	Jane	5:30 Circuit 2K	Angie	5:30 Spinning	Nick N	8:30 Body Combat	Pam
8:30 Body Step	Gina, Amy	5:30 Spinning	Jane	8:30 - Power Yoga	Jacqualine	8:30 Body Combat	Amy	5:30 Body Combat	Barbara	8:30 Simple Spin	Janet
9 -10:30 Aquafit	Cindy P	8:30 Intense Body	Lorri	8:30 Body Pump	Suzanne	9:00 Spinning	Christi	8:30 Body Pump	Christi	9:00 Aquafit	Maryann
9:30 Spinning	Joanna	9:00 Extreme Spin	Alissa	9:00 Aqua fit	Laura	9:00 Aquafit	Mary	9:30 RPM spin	Alissa	9:30 -11:00 Extreme spin	Joe
9:30 Pilates(MB)	Susan	9:00 Finning	Laura	9:30 Pilates on the Ball	Tyla	9:30 Intense Body	Angie	9:00 Aquafit	Sharon	9:30 Body Pump	Pam
9:30 Body Pump	Libby	10:00 Noodle Buff	Maryann	9:30 Spinning	Angie	9:30 Intrm. Yoga	Ellen	9:30 Pilates	Jesse	9:30 Pilates(MB)	Carrie H
10:30 - Yoga	Craig	9:30 Basic Yoga	Jacqualine	9:30 Body Jam	Jesse	10:30 Active	Angie	9:30 BodyStep	Michelle	10:30 Body Jam	Ebony
10:30 Zumba Gold	Mattie	9:30 Body Combat	Jesse	10:30 Body Flow	Stephanie			10:30 Body Jam	Jesse	10:30 -12 Power Yoga (MB)	Jennifer E
		10:30- 10:45 Core	Jesse	10:30 Chiseled	Angie			10:30 Restorative Yoga	Craig	11:15 Spin	Jennifer G
		10:45 Zumba with Sabrina									
4:30 Spinning	Angie			11:30 Tai Chi	Stuart	12:15 Spinning	Alissa	11:30 Adv. Tai Chi	Stuart		
4:45 Body Step	Lynette	12:15 Spinning	Angie							Sunday - 26	
5:45 Body Pump	Lynette					4:30 Body Combat	Tiffany			1:00 Spinning	Joe
6:00 Pilates	Tyla			4:30 Body Pump	Lee J	5:45 SH'BAM	Jennifer			2:00 Body Flow	Rambo
6:00 Spinning	Joe	4:30 Intense Body	Stuart	5:45 Body Step	Gina, Kinsley	5:45 Intense Body - upstairs	Susan			2:00 Body Attack	Sarah
6:30 Aquafit	Cindy P	5:45 Body Combat	Barbara	6:00 Spinning	Bonnie	6:00 Simple Spin	Janet			2:15 Spinning	Jennifer
6:45 Zumba	Janice	6:00 Spinning	Alissa	6:30 Water Jogging	MaryAnn	6:45 Pilates	Jesse			3:15- Body Pump	Rambo
7:00 Body Flow	Stephanie	6:30 Noodle Buff	Maryann	6:45 Zumba	Tyler	6:45 Body Pump	Sarah	5:45 Body Pump	Janice W		
7:00 Spinning	Joe	6:30 Basic Yoga	Ellen	7:00 Body Flow	Rambo	7:00 Spinning	Joe	6:00 Spinning	David		
8:00 Vinyasa Flow	Jennifer E	6:45 Body Pump	Christi	8:15 Yoga	Wenda	7:45 Body Jam	Jesse				
Monday - 27		Tuesday- 28		Wednesday - 29		 <p><i>Yoga Fundamentals Workshop -February 18th 2:00- 3:30</i></p>					
5:30 Spinning	Christi	5:30 Body Pump	Christi	5:30 Spinning	Jane						
8:30 Body Step	Michelle, Suzanne	5:30 Spinning	Jane	8:30 - Power Yoga	Jacqualine						
9 -10:30 Aquafit	Cindy P	8:30 Intense Body	Lorri	8:30 Body Pump	Laurie						
9:30 Spinning	Joanna	9:00 Extreme Spin	Alissa	9:00 Aqua fit	Laura						
9:30 Pilates(MB)	Carrie	9:00 Finning	Joanna	9:30 Pilates on the Ball	Tyla						
9:30 Body Pump	Libby	10:00 Noodle Buff	Maryann	9:30 Spinning	Angie						
10:30 - Yoga	Craig	9:30 Basic Yoga	Jacqualine	9:30 Body Jam	Jesse						
10:30 Zumba Gold	Mattie	9:30 Body Combat	Jesse	10:30 Body Flow	Stephanie						
		10:30- 10:45 Core	Jesse	10:30 Chiseled	Angie						
		10:45 Zumba with Sabrina									
4:30 Spinning	Angie			11:30 Tai Chi	Stuart						
4:45 Body Step	Lynette	12:15 Spinning	PAm								
5:45 Body Pump	Lynette										
6:00 Pilates	Tyla			4:30 Body Pump	Libby						
6:00 Spinning	Joe	4:30 Intense Body	Angie	5:45 Body Step	Michelle, Kinsley						
6:30 Aquafit	Cindy P	5:45 Body Combat	Barbara	6:00 Spinning	Bonnie						
6:45 Zumba	Janice	6:00 Spinning	Alissa	6:30 Water Jogging	MaryAnn						
7:00 Body Flow	Stephanie	6:30 Noodle Buff	Maryann	6:45 Zumba	Tyler						
7:00 Spinning	Joe	6:30 Basic Yoga	Ellen	7:00 Body Flow	Barbara						
8:00 Vinyasa Flow	Jennifer E	6:45 Body Pump	Christi	8:15 Yoga	Wenda						