



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		<b>Spin H *</b> George (:45)	6:15a S	<b>Spin H *</b> Larissa (:45)	6:15a S	<b>CRANK *</b> Paul (:60)	6:15a M			<b>Spin H *</b> Dana (:55)	8:30a S
		<b>Power Xtreme *</b> George (:45)	7:00a M	<b>CRANK *</b> Paul (:60)	7:00a M	<b>Spin H *</b> D'Arcy (:45)	6:45a S			<b>Hatha-Raja-Vinyasa I</b> Steven (:60)	9:30a MB
<b>Vinyasa Yoga</b> Susan S. (:60)	9:30a MB					<b>Xtreme Results</b> Jirina (:45)	8:45a M	<b>Vinyasa Yoga</b> Gilli (:60)	9:30a MB	<b>Spin H *</b> Dorie (:55)	9:45a S
<b>Spin H *</b> Robert (:55)	9:30a S	<b>Resistance Rebound *</b> Andi (:55)	9:30a M	<b>Spin H *</b> Robert (:55)	9:30a S	<b>Pilates Mat</b> D'Arcy (:45)	9:30a MB	<b>Spin H *</b> Veronica (:55)	9:30a S	<b>Resistance Rebound *</b> Andi (:60)	10:30a M
										<b>Hatha-Raja-Vinyasa II</b> Steven (:60)	10:45a MB
<b>Vinyasa Yoga</b> Jeff (:60)	12:00p MB	<b>Vinyasa Yoga</b> Gilli (:60)	12:00p MB	<b>Vinyasa Yoga</b> Jeff (:60)	12:00p MB	<b>Vinyasa Yoga</b> Jeff (:60)	12:00p MB	<b>Vinyasa Yoga</b> Susan S. (:60)	12:00p MB	<b>Zumba *</b> Dana (:60)	11:30p M
<b>Hard Bodies</b> Carrie (:45)	12:15p M	<b>Spin H Power *</b> Michele (:55)	12:00p S	<b>Zumba</b> Jeannine (:45)	12:15p M	<b>Spin H Power *</b> Michele (:55)	12:00p S			<b>Belly Dancing</b> Jamilah (:60)	12:30n MB
		<b>Hard Bodies</b> Michele/D'Arcy (:40)	1:05p M	<b>Hard Bodies</b> Jeannine (:45)	1:00p M	<b>Hard Bodies</b> Michele/D'Arcy (:40)	1:05p M			<b>Crank *</b> Paul/Lindsay (:60)	12:45p M
										<b>Sunday</b>	
<b>Crank</b> Paul (:45)	5:15p M	<b>Spin H *</b> Julia (:45)	5:15p S	<b>Power Xtreme *</b> George (:55)	6:00p M	<b>ABSolutely H</b> Andi (:30)	6:00p M	<b>Tag Team *</b> Michele/Courtney (:45)	5:15p M	<b>Spin H *</b> Larissa (:55)	8:00a S
<b>Hip Hop</b> Brenna (:60)	6:00p M	<b>Resistance Rebound *</b> Michele (:55)	6:00p M	<b>Strong Flow Yoga</b> Ernesto (:60)	6:30p MB	<b>Hip Hop</b> Andi (:60)	6:30p M	<b>Spin H *</b> Michele (:55)	6:00p S	<b>Vinyasa Yoga</b> Gilli (:60)	9:00a MB
<b>Spin H *</b> Veronica (:55)	6:00p S	<b>Vinyasa Yoga</b> Gilli (:60)	6:30p MB	<b>Spin H *</b> George (:55)	7:00p S	<b>Hatha-Raja-Vinyasa II</b> Steven (:60)	6:30p MB	<b>Strong Flow Yoga</b> Eileen (:60)	6:30p MB	<b>Hard Bodies</b> Larissa (:45)	9:00a M
<b>Vinyasa Yoga</b> Jeff (:60)	6:30p MB	<b>Tri-Hard</b> D'Arcy/Andi (:60)	7:00p M	<b>ABSolutely H</b> D'Arcy (:30)	7:00p M	<b>Spin H *</b> Dana/Michele (:55)	6:30p S			<b>Spin H *</b> Dawn (:55)	9:00a S
<b>Xtreme Results</b> Franca (:60)	7:00p M	<b>Spin H Power *</b> Michele (:55)	7:00p S	<b>Ultimate Combat</b> Shir (:60)	7:30p M	<b>Xtreme Results *</b> Franca (:60)	7:30p M			<b>Vinyasa Yoga</b> Steven/Serena (:60)	10:45a MB
<b>Spin H *</b> Larissa (:55)	7:00p S	<b>Kettlebell Skills *</b> Matt (:60)	7:00p V	<b>Pilates Mat</b> D'Arcy (:45)	7:30p MB	<b>Vinyasa Yoga</b> Lexi (:60)	7:45p MB	MB= Mind & Body studio M= Movement Studio S= Spin Room V= Varsity Room * <b>Advanced sign-up</b> required. Classes subject to change without notice.		<b>Zumba *</b> Dana (:60)	10:00a M
<b>Pilates Mat</b> Andi (:60)	7:45p MB	<b>Belly Dancing</b> Emeline (:55)	8:00p MB	<b>Spin H *</b> Dawn (:45)	8:00a S	<b>Zumba *</b> Dana (:60)	8:30p M				
<b>Zumba *</b> Dana (:60)	8:00p M	<b>Crank *</b> Lindsay/Paul (:60)	8:00p M							<b>Vinyasa Yoga</b> Daba (:60)	5:00p MB