





















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM 	5:15AM 	5:15AM 	5:15AM 	5:30AM 	
5:30AM CYCLING DANI	5:30AM UPBEAT BARR	5:30AM CYCLING ERICA		5:30AM CYCLING BREANNA	
	6:30 AM YOGA STRETCH ANNE		6:30AM FLOW YOGA ANNE		
8:00AM SILVERSNEAKERS GAIL	8:00AM 	8:00AM SILVERSNEAKERS MISTI	8:00AM 	8:00AM Yoga Stretch ANNE	7:45AM 
	9:00AM CYCLING- JEANETTE		9:00AM CYCLING- ERICA	9:00AM MAX H.I.IT	9:00AM 
9:30 AM GROUP FIGHT	9:30AM 	9:30AM 	9:30AM 	9:30 AM 	9:15AM FLOW YOGA LYNN
10:00AM POWER Yoga ANGELA		10:00AM Align & Flow Yoga JACKIE		10:00 AM Vinyasa ELISE	
		11:30AM 	11:30AM 		
4:15 PM SIMPLE YOGA JACKIE			4:15 PM SIMPLE YOGA JACKIE		
5:00PM 	5:00PM 		5:00PM 		
5:45PM CYCLING-Misti		5:45PM MAX H.I.IT.			
5:45 PM 			6:15 PM 		Effective OCTOBER 18,2021