




















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM 	5:15 AM 	5:15AM 	5:15 AM 	5:30 AM 	
5:30 AM CYCLING-Dani	5:30 AM UPBEAT BARRE Holly & Micah Yoga Studio	5:30AM CYCLING-Erica		5:30 AM CYCLING- Breanna	
			6:30 AM Gentle FLOW YOGA Anne	8:00 AM Easy YOGA STRETCH Anne	7:45 AM 
8:00 AM Silver Sneakers Gail	8:00 AM Chair YOGA Anne	8:00 AM Silver Sneakers Misti		9:00 AM MAX H.I.I.T. Group X Studio	9:00 AM 
	8:00 AM 		8:00 AM 		9:15 AM Gentle Flow Yoga Lynn
9:30 AM 	9:00 AM Cycling- Jeanette 30 MINUTE	9:30 AM 	9:00 AM Cycling- Erica 30 MINUTE	9:30 AM 	
10:00AM POWER Yoga Rochelle	9:30 AM 	10:00 AM Align & Flow Yoga Jackie	9:30AM 	10:00 AM Power Vinyasa Flow- Elise	
4:15 PM SIMPLE Yoga Jackie			4:15 PM Afternoon Yoga Stretch Rochelle		
5:00 PM 	5:00 PM 		5:00 PM 		
5:45 PM Cycling MISTI		5:45 PM MAX H.I.I.T. Group X Studio	6:15 PM 		
6:00 PM 					Jan 3 2022