|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:15-6:15am | 5:15-6:15am | 5:15-6:15am |  | 5:15am-6am |  |
|  |  |  |  |  | 7:00-8:00am |
|  |  |  |  |  | 8:00-9:00am |
| 9:00-10:00am | 9:00-10:15am  Yoga | 9:00-10:00am | 9:00-10:15am  Yoga | 9:00-10:00am | 9:15-10:30a  Yoga |
| 10:15-11:15a    Circuit | 10:15-11:15a | 10:00-10:45a  Core Essentials | 10:15-11:15a |  |  |
| 11:15am-12:15p | 11:15am-12:15p    Yoga | 11:15a-12:15p    Circuit | 11:15a- 12:15p    Yoga |  |  |
|  | 4:30-5:15p  **CoreEssentials** |  | 4:30-5:30p |  |  |
|  |  |  |  |  |  |
| 6:00-7:00pp | 6-6:30p  **Pilates Core** | 6:00-7:00p | 6:00p-7:00p |  |  |
| 7:00-7:45p | 6:30-7:30p  Yoga | 7:00-7:45p |  |  |  |

Small Group Training (Community Room) and Spin Studio

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 6a-6:45a  Spin Intervals |  | 5:15a-6a  Spin Intervals |  | 8-9a  Peak Performance  Bootcamp |
|  | 9:30-10:15a  Spin Intervals |  | 9:30-10:15a  Spin Intervals |  | 9-10a  Spin |
|  | 10:15-11:15a  Triple Threat |  | 10:15-11:15a  Triple Threat |  |  |
| 5:00-6:00p  Spin |  | 5:00-6:00p  Spin | 5:30-6:30p  Peak Performance  Bootcamp |  |  |
| 6:30-7:30p  Circuit Training |  | 6:30-7:30p  Circuit Training | 6:30-7:30p  Yoga |  |  |

\*Shaded classes require registration. All classes are for ages 13 & older.