|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 | 9:00-10:15amYoga  | 9:00-10:00am | 9:00-10:15amYoga | 9:00-10:00am | 9:15-10:30aYoga |
| 10:15-11:15aCircuit | 10:15-11:15a | 10:00-10:45aCore Essentials | 10:15-11:15a |  |  |
| 11:15am-12:15p | 11:15am-12:15p Yoga | 11:15a-12:15pCircuit | 11:15a- 12:15pYoga |  |  |
|  | 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 | 6:30-7:30pYoga | 7:00-7:45p |  |  |  |

Small Group Training (Community Room) and Spin Studio

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 6a-6:45aSpin Intervals  |  | 5:15a-6aSpin Intervals  |  | 8-9aPeak Performance Bootcamp |
|  | 9:30-10:15aSpin Intervals  |  | 9:30-10:15aSpin Intervals  |  | 9-10aSpin  |
|  | 10:15-11:15aTriple Threat   |  | 10:15-11:15aTriple Threat   |  |  |
| 5:00-6:00pSpin  |  | 5:00-6:00pSpin  | 5:30-6:30pPeak Performance Bootcamp |  |  |
| 6:30-7:30pCircuit Training |  | 6:30-7:30pCircuit Training | 6:30-7:30pYoga |  |  |

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