



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:30AM - 6:25AM Herb (CS)	LesMills BodyPump 5:30AM - 6:25AM Kari (GX)	Barre Burn 5:30AM - 6:25AM Kari (MB)	LesMills BodyPump 5:30AM - 6:25AM Kari(GX)	Cycle 5:30AM - 6:25AM Herb (CS)		
Barre Burn 5:30AM - 6:25AM Kari (MB)	LesMills BodyFlow 6:30AM - 7:25AM Kathleen (MB)	Cycle 5:30AM - 6:25AM Keith (CS)	Express Cycle (30) 6:00AM - 6:30AM Patrick (CS)	Cardio Extreme 5:30AM - 6:25AM Michelle (GX)		
			BAC Strength Express (30) 6:35 AM - 7:05AM Patrick (GX)	LesMills BodyFlow 6:30AM - 7:25AM Kathleen (MB)	LesMills BodyPump 8:00AM - 8:55AM Mallory (GX)	Body Combat 8:15AM - 9:10AM Christine (GX)
Fitness Basics 8:15AM - 9:10AM Helena (GX)		Fitness Basics 8:15AM - 9:10AM Helena (GX)	Body Shape 8:15AM - 9:10AM Sierra (GX)	Fitness Basics 8:15AM - 9:10AM Helena (GX)	Yoga Force 8:00AM - 8:55AM Sierra (MB)	Cycle 8:30AM - 9:25AM Sierra (CS)
BAC Burn 8:15AM - 9:10AM Diane (MB)	Body Shape 8:15AM - 9:10AM Sierra (GX)	BAC Burn 8:15AM - 9:10AM Diane (MB)	Iyengar Yoga 8:30AM - 9:25AM Nuvana (MB)	Booty Barre Burn 8:20AM - 9:15AM Sierra (MB)	Cycle 9:00AM - 9:55AM Mallory (CS)	
Aqua Fusion 9:00AM - 9:55AM Ithica (SP)	Aqua Zumba 9:00AM - 9:55AM Bu (SP)	Aqua Zumba 9:00AM - 9:55AM Bu (SP)	Aqua Fitness 9:00AM - 9:55AM Maureen (SP)	Aqua Fusion 9:00AM - 9:55AM Ithica (SP)	Run BAC Run! 9:00AM - 9:55AM Mike (meet @ front desk)	
	Cardio Sculpt 9:15AM - 10:10AM Sierra (GX)		Cardio Sculpt 9:15AM - 10:10AM Sierra (GX)	Cycle 9:30AM - 10:25AM Sierra (CS)	Aqua Zumba 9:00AM-9:55AM Christin (SP)	Cardio Extreme 9:30AM - 10:25AM Sierra (GX)
Cycle 9:15AM - 10:10AM Tami (CS)		Cycle 9:15AM - 10:10AM Patrick (CS)		TRX Circuit 9:15AM - 10:10AM Michelle (BC)		
Yoga Basics 9:15AM - 10:10AM Cindy (MB)	Yoga Basics 9:15AM - 10:10AM Jodi (MB)	Yoga Basics 9:15AM - 10:10AM Jamie (MB)	Iyengar Yoga 9:30AM - 10:25AM Nuvana (MB)	LesMills BodyPump 9:15AM - 10:10AM Diane (GX)	U-JAM 9:00AM - 9:55AM Nisi (GX)	
BODYCOMBAT™ 9:15AM - 10:10AM Christine (GX)	TRX Circuit 9:30AM - 10:25AM Diane (BC)	Cardio HIIT 9:15AM - 10:10AM Michelle (GX)	TRX Circuit 9:30AM - 10:25AM Diane (BC)	Gentle Yoga 9:25AM - 10:20AM Sally (MB)	LesMills BodyFlow 9:15AM - 10:10AM Kathleen (MB)	
	Ab Lab 10:15AM - 10:30AM Sierra (GX)	Ab Lab 10:10AM - 10:25AM Michelle (GX)	Ab Lab 10:15AM - 10:30AM Sierra(GX)		Zumba Toning/Zumba Blend 10:00AM - 11:25AM Tami /Natalia (GX)	Iyengar Yoga 10:15AM - 11:10AM Nuvana (MB)
Melt 10:30AM - 11:25AM Lila (MB)	Yoga Flow 10:30AM - 11:25AM Diane (MB)	Yin Yoga- Relaxation Yoga 10:30AM - 11:25AM Jamie (MB)	Yoga Flow 10:30AM - 11:25AM Diane (MB)	Iyengar Yoga 10:30AM - 11:25AM Nuvana (MB)	Dancing at the Barre 10:15AM - 11:10AM Ethan (MB)	Iyengar Yoga 11:15AM - 12:10PM Nuvana (MB)
Balance & Strength 10:30AM - 11:25AM Sally (GX)	Walk and Strength Circuits 10:30AM - 11:25AM Sally (BC)	Balance & Strength 10:30AM - 11:25AM Sally (GX)	Power Mat Pilates 10:30AM - 11:25AM Sierra (GX)	F.I.T Cardio 10:30AM - 11:00AM Michelle (GX)	Family Cycle (45) 10:15AM - 11:00AM Jennifer (CS)	
Yoga Flow 11:30AM - 12:25PM Lila (MB)	Power Mat Pilates 10:30AM - 11:25AM Sierra (GX)	Dancing at the Barre 12:00PM - 12:55PM Ethan (MB)	Yoga Basics 11:35AM - 12:30PM Sally (MB)	F.I.T Strength 11:00AM - 11:30AM Michelle (GX)		
LesMills BodyPump 12:00PM - 12:55PM Diane (GX)	Gentle Yoga 11:35AM - 12:30PM Sally (MB)	Les Mills BodyPump 12:00PM - 12:55PM staff (GX)	Zumba Toning 12:00PM - 12:55PM Tami (GX)	Meditative Yoga 11:30AM - 12:25PM Nuvana (MB)	S&C for Kids 12:00PM - 12:45PM Maria (BC)	
	Zumba 12:00PM - 12:55PM Natalia (GX)	Tai Chi 1:05PM - 2:00PM Jamie (GX)		Zumba 12:00PM - 12:55PM Bu (GX)		
S&C for Kids 4:00PM - 4:45PM Staff (BC)	Zumba Kids 1:00PM - 1:45PM Natalia (GX)		#TeamFamilyWorkout 1:00PM - 1:45PM Melanie (BC)			
Zumba 5:15PM - 6:10PM Bu (GX)	Happy Hour Cardio (90) 5:00PM - 6:25PM Michelle(GX)	Cardio Sculpt 5:15PM - 6:10PM Sierra (GX)	Happy Hour Cardio (55) 5:30PM - 6:25PM Helena (GX)			Yin Yoga 4:00PM - 4:55PM Jamie (MB)
Youth Running Club 5:30PM - 6:30PM Mike (lobby)* Fee based class	Swim Team Cycle 5:15PM - 6:00PM Jennifer (CS) * swim team only	Youth Running Club 5:30PM - 6:30PM Mike (lobby)* Fee based class	POP Pilates 5:30PM - 6:25PM Nisi (MB)			
Vinyasa Flow 5:30PM - 6:25PM Lanae (MB)	Beginning Cycle (45) 6:00PM - 6:45PM Jennifer	Kids Yoga (ages 6+) 5:30PM - 6:25PM Nuvana (MB)				Tai Chi 5:00PM - 5:55PM Jamie (GX)
LesMills BodyPump 6:15PM - 7:10PM Mallory (GX)	POP Pilates 5:30PM - 6:25PM Nisi (MB)	HIIT Cycle 6:15PM - 7:10PM Sierra (CS)	Cycle 6:30PM - 7:25PM Samantha (CS)			Zumba 6:15PM - 7:10PM Bu (GX)
Yoga Fusion 6:30PM - 7:25PM Jamie (MB)	Vinyasa Flow 6:30PM - 7:25PM Lanae (MB)	PT Strength! Intro to PT 6:15PM - 7:10PM Austin (GX)	Zumba 6:35PM - 7:30PM Bu (GX)	<b>NEW!</b> Hip Hop 101 6:00PM - 6:55PM Vilay (GX)		
<b>NEW!</b> Bolly X 7:15PM-8:10PM Anagha (GX)	Zumba 6:35PM - 7:30PM Sylvia (GX)	Iyengar Yoga 6:30PM - 7:25PM Nuvana (MB)	<b>NEW!</b> Booty Barre Force (70) 7:30PM - 8:40PM Sierra (MB)			
Booty Barre Burn 7:30PM - 8:25PM Samantha (MB)	Run BAC Run! 7:30PM - 8:25PM Mike (meet @ front desk)	Iyengar Yoga 7:30PM - 8:25PM Nuvana (MB)				
Zumba 8:15PM - 9:10PM Sylvia (GX)	RESERVED FOR KARATE 8:00PM - 9:00PM FEE BASED CLASS (GX)	Bolly X 7:30PM - 8:25PM Anagha(GX)	RESERVED FOR KARATE 8:00PM - 9:00PM FEE BASED CLASS (GX)			

