



MONDAY				TUESDAY				WEDNESDAY			
Time	Studio	Class	Instructor	Time	Studio	Class	Instructor	Time	Studio	Class	Instructor
5:30 AM	RL	Ride Lab	Scott	5:15 AM	RL	Body Beats Ride Lab (30)	Noel	5:30 AM	A	Grit	Robert
6:30 AM	Y	Yoga All Levels	Linda	5:45 AM	A	Body Pump	Brenda	5:30 AM	RL	Ride Lab	Scott
8:15 AM	A	CxWorx	Donna	6:00 AM	RL	Ride Lab	Christian	6:30 AM	Y	Yoga All Levels	Linda
9:00 AM	A	Beginner Step	Donna	9:00 AM	A	Body Circuit	Sherian	9:30 AM	RL	Ride Lab	Bonnie
9:00 AM	RL	Ride Lab	Noel	9:00 AM	RL	Ride Lab	Gary	9:30 AM	A	Grit	Kelly
10:00 AM	Y	Yoga Beginner	Louanne	10:00 AM	Y	Beginner Yoga	Linda	10:00 AM	RR	Barre Fitt	Sherian
10:15 AM	A	Body Pump	Cheri/Lindsey	10:15 AM	A	Pilates Mat	Tory	10:00 AM	Y	Yoga All Levels	Louanne
11:30 AM	Y	Zumba	Tish	12:00 PM	A	Body Pump	Bonnie	10:15 AM	A	Body Pump	Luz
12:00 PM	RL	Ride Lab	Bonnie	5:00 PM	A	Body Pump	Dana	11:30 AM	A	Body Combat	Luz
12:00 PM	A	Shred IT	Kelly/Angela	5:30 PM	RL	Ride Lab	Michele	12:00 PM	RL	Ride Lab	Tami C.
4:15 PM	A	Boot Camp 45	Bonnie	5:30 PM	BC	Cxworx	Tammy	4:45 PM	A	Cxworx	Tammy
4:45 PM	RL	Body Beats Ride Lab (30)	Noel	6:00 PM	Y	Yoga All Levels	Linda	4:45 PM	RL	Body Beats Ride Lab (30)	Noel
5:30 PM	A	Body Pump	Angel	6:15 PM	BC	Pilates Mat	Caroline	5:30 PM	RR	Barre Fit	Caroline
5:30 PM	Y	Body Flow (45)	Kathleen	6:15 PM	A	Body Attack	BA Team	5:30 PM	A	Grit	Kathleen
5:30 PM	RL	Ride Lab	Diedra					5:30 PM	Y	Yoga All Levels	Louanne
5:45 PM	BC	Grit	Scott					6:00 PM	RL	Ride Lab	Ann
6:30 PM	Y	Yoga with Weights	Louanne					6:10 PM	BC	Body Flow (30)	Kathleen
6:30 PM	BC	Zumba	Charmaine					6:15 PM	A	Body Pump	Luz
6:45 PM	A	Body Combat	Tammy					6:45 PM	BC	Zumba	Luz L.
THURSDAY				FRIDAY				SATURDAY			
Time	Studio	Class	Instructor	Time	Studio	Class	Instructor	Time	Studio	Class	Instructor
5:15 AM	RL	Body Beats Ride Lab (30)	Noel	5:45 AM	RL	Ride Lab	Daniel	8:00 AM	RL	Ride Lab Ext Ride	Scott
6:00 AM	A	Body Pump	Kathleen	6:00 AM	A	Grit	Stephanie	8:00 AM	A	Body Attack (45)	Stephanie
9:00 AM	RL	Ride Lab	Tami C.	6:30 AM	Y	Yoga All Levels	Rachel	8:00 AM	BC	Pilates Mat	Heather
9:00 AM	A	Body Circuit	Sherian	8:15 AM	A	Cxworx/Step	Donna	9:00 AM	A	Grit	Kelly
10:00 AM	Y	Yoga Beginners	Linda	9:00 AM	RL	Ride Lab	John	9:15 AM	BC	Zumba	Luz L.
10:15 AM	A	Pilates Mat	Tory	9:30 AM	A	Grit	Kelly	9:15 AM	Y	Yoga All Levels	Louanne
12:00 PM	A	Body Pump	Bonnie	9:30 AM	RR	Barre Fit	Sherian	9:30 AM	RL	Ride Lab	John
4:45 PM	A	Boot Camp (45)	Team	10:00 AM	Y	Yoga All Levels	Rachel	9:45 AM	A	Body Pump	Luz O.
5:30 PM	RL	Ride Lab	Mark	10:15 AM	A	Body Pump	Kelly Z.	10:00 AM	RR	Barre Fit	Sherian
5:30 PM	BC	Advanced Step	Scott	11:30 AM	A	Body Attack (45)	Angela/Kelly	10:30 AM	BC	Step	Wendy
5:30 PM	Y	Power Yoga	Tami C.	5:30 PM	A	Body Pump	Priscilla	11:00 AM	A	Body Combat	Luz O.
5:45 PM	A	Grit	Mary Beth	5:30 PM	RL	Ride Lab	Rotation	11:00 AM	RL	Ride Lab	Michele/Tami
6:30 PM	A	Body Combat	Stephanie								
6:30 PM	BC	Body Pump	Scott								
SUNDAY				STUDIO KEY STUDIO A Located across from Café RL - Ride Lab STUDIO Y-Yoga/Mind/Body STUDIO RR - Reformer Room RB- Racquetball Court				SCHEDULE SUBJECT TO CHANGE AT ANYTIME			
Time	Studio	Class	Instructor								
8:00 AM	A	Advanced Step	Scott								
9:00 AM	Y	Beginner Yoga	Laura								
9:00 AM	RL	Ride Lab	Michele								
9:15 AM	A	Body Attack (45)	Steph/Angel								
10:15 AM	Y	Yoga Int-Adv Level	Laura								
10:30 AM	A	Body Pump	Stephanie								