

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|---|--|
| 5:15-6:15 PEDAL & PUMP Erik | 5:15-6:15 SPINNING Dave | 5:30-6:30 & 7:30-8:25 VIN MIX & HOT YOGA Sylvia | 6:00-7:00 BODYPUMP Karen | 5:15-6:15 PEDAL & PUMP Tim | 7:15-8:10 SPINNING Deb | 8:30-9:25 SPINNING Larry |
| 7:30-8:30 SOME LIKE IT HOT Sylvia | 7:15-8:15 VINYASA YOGA Gail | 7:30-8:25 SPINNING Deb | 7:15-8:15 VINYASA YOGA Gail | 7:30-8:25 SOME LIKE IT HOT Sylvia | 7:30-8:25 VINYASA YOGA Terri | 8:20-9:25 BODYPUMP Carrie |
| 7:30-8:25 SPINNING Larry | 8:30-9:30 PILATES Karen | 8:30-9:25 ZUMBA Karen | 8:30-9:25 SPINNING Kim | 7:30-8:25 SPINNING Larry | 8:15-9:15 SPINNING Robin | 9:30-10:30 PILATES SCULPT Irene |
| 8:30-9:25 STEP MOVES Robin | 8:30-9:25 STRAIGHT UP STRENGTH Robin | 8:30-9:25 STRENGTH & POWER Kim | 8:30-9:25 BALANCE & POWER Stephanie | 8:30-9:20 BODY SCULPT Kim | 8:30-9:30 SUPERSCULPT Kim | 9:30-10:30 BODY SCULPT Jill J. |
| 8:30-9:20 BODY SCULPT Kim | 9:30-10:30 BODY SCULPT Cyrece | 8:30-9:30 BEGINNER'S YOGA Gail | 9:30-10:25 STRENGTH & POWER Robin | 8:30-9:25 STEP MOVES Robin | 9:30-10:30 PILATES FUSION Deb | 10:30-11:30 DANCE EXPLOSION Stephanie |
| 8:30-9:30 CORE BOARD Cyrece | 9:30-10:25 SPINNING Tim | 9:30-10:25 DANCE EXPLOSION Stephanie | 9:30-10:45 VINYASA YOGA Gail | 9:30-10:25 BODYPUMP Kim | 9:30-10:25 KICKBOXING Robin | 10:30-11:45 VINYASA YOGA Laura |
| 9:30-10:25 BODYPUMP Deb | 10:30-11:25 PILATES SCULPT Irene | 9:30-10:30 CORE BOARD Cyrece | | 9:30-10:40 BODY STRIKE Robin | 10:30-11:30 ZUMBA Karen | |
| 9:45-10:40 SPINNING Robin | 10:30-11:25 SHAKE YOUR GROOVE THING Karen | 9:30-10:30 KICKBOXING Robin | | 10:45-12:00 SLOW FLOW YOGA Eileen | 10:45-12:00 ASHTANGA IMPROV Eileen | |
| 10:45-11:45 ZUMBA Karen | | 10:30-11:00 6 WEEKS TO A 6 PACK Robin | | 10:45-11:45 PILATES SCULPT Irene | | |
| 10:40-11:55 VINYASA YOGA Gail | | 10:45-12:00 SLOW FLOW YOGA Eileen | | | | |
| 6:00-7:00 PEAK PERFORMANCE Robin | 6:00-7:00 STRENGTH & POWER Robin | | | | | |
| 6:00-7:00 BODYPUMP Erik | | 6:00-7:00 BODYPUMP Deb | 6:30-7:30 PILATES SCULPT Irene | | | |
| 7:15-8:15 SPINNING Erik | | 6:30-7:25 SPINNING Erik | 6:30-7:30 SPINNING Robin | | | |
| 7:00-8:15 SLOW FLOW YOGA Eileen | | 7:15-8:15 SUNSET YOGA Terri | | | | |

CLUB HOURS
 Monday-Thursday
 5:00am-10:00pm
 Friday: 5:00am-8:00pm
 Sat: 7:00am-6:00pm
 Sun: 8:00am-6:00pm

BABYSITTING HOURS
 Monday-Friday:
 8:30am-12:00pm
 Sat: 8:15am-1:00pm

Studio One
 Studio Two
 Studio Three