

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	1 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - TBC Tanya 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	2 5:30am - TBC Tanya 6:30am - Yoga Laurie (DS) 9:30am - Zumba Kristen 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Core and More Amy (DS)	3 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Kristen 12pm - Yoga Melissa 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Kristen 6:30pm - Cycling Ginnine	4 Hunt Center Closed	5 5:30am - Kickboxing Tanya 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Low Impact Stacey	6 8:15am - TBC Tanya 9:15am - Cycle Ginnine 10:15am - Gentle Yoga Laurie
7 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - TBC Tanya 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	8 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - TBC Tanya 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	9 5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:15am - Bosu Burn Stacey 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 6:30pm - Strong Tiffany 7pm - Core and More Amy (DS)	10 5:30am - No Class 9:30am - No Class 10:30am - Zumba Gold Kristen 12pm - Yoga Melissa 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	11 5am - Core (15min) Stacey 5:15am - Power HR Stacey 8:15am - Core & More Amy (DS) 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	12 5:30am - No Class 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Burn Stacey	13 8:15am - Cycle Ginnine 9:15am - C.Dance Kristen 10:15am - PiYo Kristen
14 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycle Tanya 6:45pm - Yoga Brittany	15 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycle Tanya 6:45pm - Yoga Brittany	16 5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:15am - Bosu Burn Stacey 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Core and More Amy (DS)	17 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Kristen 12pm - Yoga Melissa 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	18 5:15am - Yoga Brit 8:15am - Core & More Amy (DS) 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	19 5:30am - Kickboxing Tanya 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Low Impact Stacey	20 8:15am - Pound Rolanda 9:15am - Zumba Toning Rolanda 10:15am - Yin Yoga Brit
21 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Burn Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	22 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Burn Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	23 5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:15am - Bosu Burn Stacey 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Core and More Amy (DS)	24 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Kristen 12pm - Yoga Melissa 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	25 5am - Core (15min) Stacey 5:15am - Power HR Stacey 8:15am - Core & More Amy (DS) 9:45am - TBD 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	26 5:30am - Kickboxing Tanya 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Burn Stacey	27 8:15am - Step Tanya 9:15am - Strong Tiffany 10:15am - Cycle/Yoga Ginnine
28 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	29 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany	30 5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:15am - Bosu Burn Stacey 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Core and More Amy (DS)	31 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba Gold Kristen 12pm - Yoga Melissa 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	1 5:15am - Yoga Brit 8:15am - Core & More Amy (DS) 9:45am - Yin Yoga Brittany (DS) 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	2 5:30am - Kickboxing Tanya 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Low Impact Stacey	3