

MON	TUES	WED	THURS	FRI	SAT
	6:30 AM		6:30 AM		
7:00 AM	TOTAL BODY CONDITIONING	7:00 AM	TOTAL BODY CONDITIONING	7:00 AM	
BODY WORKS SANDY	SANDY	BODY WORKS SANDY	DONNA	BODY WORKS SANDY	
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	
FLEXI GROOVE SANDY	RX FOR EXERCISE ELAINE	FLEXI GROOVE SANDY	RX FOR EXERCISE ELAINE	FLEXI GROOVE SANDY	
9:00 AM	8:00 AM			9:00 AM	
CORE STRENGTH AND BALANCE LUCIA 30 minute class	NUTRITION DISCUSSION ELAINE 1st Tuesday of every month	9:30 AM	9:30 AM	CORE STRENGTH AND BALANCE LUCIA 30 minute class	
	9:30 AM	STEP LUCIA	SLOW YOGA ERIN		
	SLOW YOGA ERIN				
	4:30 PM		4:30 PM		
5:00 PM	STEP LUCIA	5:00 PM	METABOLIC BOOST KELLEE		
WALKING CLUB JESSICA		WALKING CLUB JESSICA			
5:30 PM	5:30 PM	5:30 PM	5:30 PM		
CARDIO BLAST KELLEE	POWER YOGA AMANDA	SURPRISE EVERYTIME AMANDA	TAI CHI WALTER		
6:15 PM					
15-MINUTE ABS KELLEE					