

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6am Vibe Ride Laura	6am Tread & Shred Stefanie	6am Ripped Ride Stefanie	6am Tread & Shred Sara	6am Vibe Ride Stefanie	730am Tread & Shred Danielle
7am Pilates App. Laura	730am Vinyasa Yoga Jessica	7am Pilates Apparatus Jen	7am Pilates Apparatus Danielle	7am Pilates Apparatus Jen	830am NEW Fight Fit Boxing Romero
830am Pilates Reformer Erin	830am NEW Pilates Mat Danielle	830am Barre Laura	730am Vinyasa Yoga Alexis	830am Triple Threat Stacey	830am Pilates Apparatus Danielle
830am Barre Stick Laura	830am Tramp Camp Stacey	830am Tread & Shred Danielle	830am Tramp Camp Stacey	830am Pilates Tower Erin	830am Vinyasa Yoga Alexis
830am Vinyasa Yoga Jessica	930am NEW Triple Threat Stacey	830am Small Group Training Jen	830am Pilates Mat Danielle	830am Vibe Ride Kelly	930am NEW Barre Stef
830am Vibe Ride Jen	935am Barre Daninelle	930am Total Body HIIT Laura	930am Pilates Apparatus Heather	830am Vinyasa Yoga Alexis	930am NEW Vibe Ride Jen Lodge
930am Fight Fit Box Romero	930am Pilates Apparatus Katie	930am Ripped Ride Jen	930am Ripped Ride Jen	930am Bootcamp Jen	930am TRX Yoga Alexis
930am Pilates Mat Laura	930am Vibe Ride TBD	930am Pilates App Jen	935am Barre Danielle	930am Hot Tone Sculpt Stacey	930am Reformer Danielle
1030am NEW Barre Stick Laura	1035am TRX Fusion Danielle	930am Vinyasa Yoga Alexis	930am Vinyasa Yoga Amanda	930am Pilates Tower Jen	1030am Vinyasa Yoga Marisa
1030am TRX Yoga Alexis	1030am Vinyasa Alexis	1030am Yin Yoga Robert	1035am TRX Fusion Danielle	1035am Vinyasa Yoga Jessica	1030am Adv Pilates Danielle
1130am Adv. Pilates Tanya/Erin	1130am Adv. Pilates Jen		1030am Yin Yoga Amanda	1035am Barre Kelly	
1230am Adv. Pilates Stef			1135am Adv. Pilates Tanya		SUNDAYS
4pm Fit Kids Yoga Miss Wendi	1230pm Yin Yoga Robert	1230pm Adv. Pilates Jen	1230pm NEW Vinyasa Jessica	1230pm Adv. Pilates Heather	9am Pilates Mat Heather
5pm TEEN Hip Hop Mizfit					9am NEW Tramp Camp Stacey
530pm TRX Cardio Danielle		4pm Fit Kids Hip Hop Mizfit	5pm TEEN Hip Hop Mizfit		9am RIDE/ RUN Stef
6pm Vinyasa Yoga Jessica	530pm Barre Heather	6pm NEW Vinyasa Yoga Mike	530pm Barre Stefanie		10am Barre Ginelle
530pm Reformer Katie	6pm NEW Vinyasa Yoga Mike	530pm TRX Fusion Fabiana	530pm Pilates Apparatus Lexi		10am Vinyasa Yoga Jessica
630pm Pilates Apparatus Danielle	630pm Tread & Shred Heather	630pm Pilates App Katie	630pm Vinyasa Yoga Valerie		10am Pilates Apparatus Heather