

-1 Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:am	6-7 Spin Deb	6:15-7 Spin Tami	6-7 Spin Deb	6:15-7 Spin Tami	6-7 Spin Deb	
7:30	7:30-8:30 Tai Chi Kevin	7:30- 8:30 Tai Chi Kevin	7:30-8:30 Tai Chi Kevin	7:30- 8:30 Tai Chi Kevin	7:30-8:30 Tai Chi Kevin	
8:am	8-9 C/T Tammie		8-9Yoga Theresa 8-9 C/T Tammie		8-9 C/T Tammie	
8:30	Spin8:30- 9:15 Theresa	8:30- 9:15 Spin Dana	Spin8:30- 9:15 Tonya	8:30- 9:15 Spin Tammie	Spin8:30- 9:15 Tonya	8:30-9:30 Spin
9:am	9-10 Tai Chi Kevin	9-10 Cardio Circuit Kevin	9-10 Tai Chi Kevin	9-10 Cardio Circuit Kevin	9-10 Tai Chi Kevin	
	9-10 Step Tami				9-10 Step Tami	
9:15	9:15-9:50 Yoga Theresa	9:15- 10:15 Bod-A- Pump Theresa		9:15- 10:15 Bod-A- Pump Dana		9:30-11 Tai Chi Michael
10:15	10:15-11 Mat Pilates Jami	10:15-11 Zumba Gold	10:15-11 Mat Pilates Jami	10:15-11 Zumba Gold	10:15-11 Mat Pilates Jami	
10:20	10:30- 11:30 Tai Chi Kevin	10:20- 11:05 Yoga Theresa	10:30- 11:30 Tai Chi	10:20- 11:05 Yoga Theresa	10:30- 11:30 Tai Chi	
10:30		10:30- 11:30 Kick Boxing Kevin		10:30- 11:30 Kick Boxing Kevin		

		11:10-12:10 Gentle Moving Julie			11:10-12:10 Gentle Moving	11-12:15 Yoga Michael
12:15	12:15-12:45 Spin Tammie	12:15-12:45 Spin Jami	12:15-12:45 Spin Tammie	12:15-12:45 Spin Jami	12:15-12:45 Spin Tami	
	12:15-12:45 My gym Kevin	12:15-12:45 Body Sculpt Troy	12:15-12:45 Body Sculpt Troy	12:15-12:45 Body Sculpt Troy	12:15-12:45 Body Sculpt Troy	
5:30pm	5:30-6:00 Spin Roxane	5:30-6:30 Zumba Ellie	5:30-6:00 Spin Roxane	5:30-6:30 Zumba Ellie	5:30-6:15 Spin Roxane	
	5:30-6:00 Butts & Guts Tonya	5:30-6:45 Yoga Mike	5:30-6:00 Butts & Guts Tonya	5:30-6:45 Yoga Mike		
	5:30-6:30 C/T Tammie	5:30-6:14 Spin Roxane	5:30-6:30 C/T Tammie			
	5:30-6:30 Tai Chi Mike					
6:10	6:10-6:40 Spin Roxanne		6:10-6:40 Spin Roxanne			
6:15	6:15-7:15 Kickboxing Matt & Tonya	6:30-7Ab Blast Christi	6:15-7:15 Kickboxing Matt & Tonya	6:30-7Ab Blast Christi		