|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** |  **Thursday**  | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  | **7:15am** **CYCLE & WEIGHTS****MARIJA** | **8:15am****YOGA****JIM / ROSE** |
| **6:15am****TOTAL BODY CONDITIONING****MARIJA** |  | **6:15am****TOTAL BODY CONDITIONING****MARIJA** |  |  | **8:15am****YOGA – Hatha****JIM** |  |
| **9:15am** **CYCLE** **MARIJA** |  |  |  | **9:15am****TOTAL BODY CONDITIONING****MARIJA** | **9:15am****CYCLE** **ASHLEY** |  |
|  | **10:15am****YOGA – Slower Flow****ROSE**  |  | **10:15am****YOGA – Hatha** **Flow & Stretch****SHARON** |  |  |  |
|  |  |  |  |  |  |  |
| **5:15pm****TOTAL BODY CONDITIONING****ASHLEY** | **5:15pm****CYCLE** **ASHLEY** | **5:15pm****TOTAL BODY CONDITIONING** **ASHLEY** | **4:15pm****CYCLE** **ASHLEY** |  |  |  |
|  |  |  |  |  |  |  |
| **7:15pm****YOGA – Hatha****Flow & Stretch****JIM** |  |  | **7:15pm****YOGA – Hatha****JIM** |  |  |  |

**Class Schedule – August 3rd – August 30th**