GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am CYCLE KATIE		5:15am CYCLE MARY CATHERINE		7:00am CYCLE & WEIGHTS MARY CATHERINE	
6:15am TOTAL BODY CONDITIONING JESSE		6:15am TOTAL BODY CONDITIONING JESSE		8:15am PILATES FUSION MEGAN	8:00am CYCLE MARY CATHERINE	
9:00am PRIVATE CLASS STUDIO CLOSED UNTILL 10:00am	9:15am TOTALBODY CONDITIONING MARY CATHERINE		7:15am KICK BOXING JESSE	9:15am TOTALBODY CONDITIONING MARY CATHERINE	9:15am CYCLE ASHLEY	
		10:15am YOGA- Basic JIM			9:15am TOTALBODY CONDITIONING MARY CATHERINE	
	4:15pm CYCLE MARY CATHERINE		4:15pm CYCLE ASHLEY		10:15am KICK BOXING JESSE	
5:15pm TOTAL BODY CONDITIONING ASHLEY	5:15pm CYCLE ASHLEY	5:15pm TOTAL BODY CONDITIONING ASHLEY			11:15am YOGA – Hatha JIM	
	6:15pm PILATES FUSION MEGAN					
7:15pm YOGA – Hatha JIM		7:00pm PRIVATE CLASS STUDIO CLOSED UNTILL 8:00pm	7:15pm YOGA – Hatha JIM			