



Club Hours:
M-Fri 6:00am – 9pm
Sat. 7:00am- 6pm
Sun 8:00am–6pm

Unlimited Schedule

Begins May 11th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15am Cycling Kathy M R-3	6:30-7:20am Cycling/Sculpt Nadine R-3 & R-1	6:30-7:15am Cycling Kris R-3	6:30-7:30am Boot Camp Wendy R-1	6:30-7:15am Cycling Kathy R. R-3	8:20–9:00am Body Sculpt Kathy M. R-1
9:00-10:00am Yogilates Kris R-4	9:15-10:15am PiYo Kim R-1	9:00-10:00am Yoga Kris R-4	9:00-10:00am Tai Chi Nick R-5	8:15-9:15am Easy Yoga Sue R-2	9:00–10:00am Cycling Kathy H. R-3
9:30-10:45am Step & Sculpt Nadine R-1	9:15-10:15am Cycling Patty R-3	9:15-10:30am Total Body Mix Sculpt/Spin/ Stretch Patty M. R-1	9:15-10:15am P90x Kim R-1	9:15-10:30am Step & Tabata Kris R-1	9:00-10:00am PiYo Kim R-2
10:15-11:5am Run & Stretch Kris Turf & R-4	10:15-11:15am Pump Patty R-1		9:15-10:15am Cycling Nadine R-3	9:30-10:30am Cycling Nadine R-3	9:30-10:30am Pump Instructor Rotation R-1
			10:15-11:15am Pump Nadine R-1		
					SUNDAY
5:30-6:30pm Cycling Kathy R R-3	6:00-6:50pm Cycling Kathy H. R-3	5:30-6:30pm Cycling Kathy R. R-3	5:45-6:45pm Yoga Sue R-2		7:30-8:30am Yoga Michelle R-4
6:30-7:15pm Body Sculpt Kathy R R-1	6:00-7:00pm Ball Strength Sue/Kathy R-1	6:30-7:30pm Pilates & Stretch Theresa R-1			11:30-12:30pm Cycling Kathy R. R-3

R-1 upstairs hall 1st room, R-2 upstairs hall 2nd room, R-3 upstairs hall 3rd room, R-4 upstairs hall 4th room