

**Club Hours:**

M-Fri 6:00am – 9pm

Sat. 7:00am- 6pm

Sun 8:00am–6pm

Unlimited Schedule

Begins June 1st, 2019

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **6:30-7:15am**  **Cycling**  **Kathy M**  **R-3** | **6:30-7:20am**  **Cycling/Sculpt**  **Kathy M**  **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** |
| **9:15-10:15am**  **Yogilates**  **Kris**  **R-2** | **9:00-10:00am**  **Yoga/Pilates Mix**  **Michelle**  **R-2** | **9:15-10:15am**  **Yoga**  **Kris**  **R-2** | **9:15-10:00am**  **Cycling**  **Kris**  **R-3** | **8:15-9:15am**  **Easy Yoga**  **Sue**  **R-2** | **9:00–10:00am**  **Cycling**  **Kathy M.**  **R-3** |
| **9:15-10:30am**  **Step & Sculpt**  **Wendy/Nadine**  **R-1** | **9:15-10:00am**  **Cycling**  **Patty**  **R-3** | **9:15-10:30am**  **Total Body Mix**  **Sculpt/Spin/**  **Stretch**  **Patty M.**  **R-1** | **10:05-10:50am**  **Pump**  **Kris**  **R-1** | **9:15-10:30am**  **Kick Intervals**  **Kris**  **R-1** | **9:30-10:30am**  **Pump**  **Instructor Rotation**  **R-1** |
|  | **10:05-11:50am**  **Pump**  **Patty**  **R-1** |  |  | **9:30-10:30am**  **Cycling**  **Nadine**  **R-3** |  |
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|  |  |  |  |  | **\*SUNDAY\*** |
| **5:45-6:30pm**  **Cycling**  **Kathy R**  **R-3** | **6:00-7:00pm**  **Cycling& Sculpt(40/20)**  **Nadine**  **R-3** | **6:00-7:00pm**  **Cycling**  **Kathy**  **R-3** | **5:45-7:00pm**  **Stretch & Strengthen**  **Sue**  **R-2** |  |  |
|  | **6:30-7:30pm**  **Yoga**  **Michelle**  **R-4** |  |  |  |  |
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**R-1 upstairs hall 1st room, R-2 upstairs hall 2nd room, R-3 upstairs hall 3rd room, R-4 upstairs hall 4th room**