 **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**