

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:30AM			Boot Camp-45.Jared.MS1		Strength Core-45.Clare.MS3			6:30AM
7:30AM	Trekking-45.Brandon.S&C 📄		Trekking-45.Kaitlyn.S&C 📄					7:30AM
9:00AM			Zumba-45.Allison.MS3					9:00AM
9:15AM						Step II-45.Rotation.MS3		9:15AM
9:30AM		Cardio Sculpt-45.Rachel.MS3		Strength Core-45.Clare.MS3				9:30AM
10:15AM						Core-30.Rotation.MS3		10:15AM
11:15AM						Trekking-45.Lexi.S&C 📄		11:15AM
11:30AM						Zumba-45.Allison.MS1		11:30PM
12:15PM	F/S Strength Core-45.Clare.HP171 Body Bar Strength-45.Heather.MS3	F/S Zumba-45.Hannah.HP171	F/S Strength Core-45.Clare.HP171 Strength Core-45.Sara O.MS3	F/S Core Stretch-45.Brooke.HP171	F/S Cardio Sculpt-45.Kelsey.HP171 Strength Core-45.Cayla.MS3			12:15PM
12:30PM						Strength Core-45.Lila.MS3		12:30PM
12:45PM		Trekking-45.Catherine.S&C 📄						12:45PM
1:15PM			Cardio Kickboxing-45.Kaleigh.MS3		Trekking-45.Kaitlyn.S&C 📄 Zumba-45.Brooke.MS3			1:15PM
1:30PM						Cardio Kickboxing-45.Lila.MS3		1:30PM
3:45PM		Step I-45.Clare.MS3		Step I-45.Michael.MS3			Body Bar Strength-45.Cayla.MS3	3:45PM
4:00PM								4:00PM
4:15PM	Step Strength II-75.Camille.MS1		Step Strength II-75.Jackie.MS1		Step I/II-45.Sara O.MS1			4:15PM
4:30PM		Cardio Hip Hop-45.Cayla.MS1		Power Strength-60.Kelsey.MS1			Core-30.Brooke.MS1	4:30PM
4:45PM		Core-30.Clare.MS3		Core-30.Michael.MS3	Strength Core-45.Camille.MS3			4:45PM
5:00PM								5:00PM
5:15PM					Zumba-45.Hannah.MS1		Cardio Kickboxing-45.Brooke.MS1	5:15PM
5:30PM	F/S DWE-45.Clare.HP Royer Pool Core-30.Sarah S.MS3	F/S DWE-45.Camille.HP Royer Pool Power Strength-60.Jared.MS1	F/S DWE-45.Zach.HP Royer Pool	F/S DWE-45.Maryanne.HP Royer Pool Step II-45.Patricia.MS3				5:30PM
5:45PM	Zumba-45.Barbara.MS1		Zumba-45.Barbara.MS1	Cardio Kickboxing-45.Brooke.MS1	Cardio Kickboxing-45.Lila.MS3			5:45PM
6:15PM	Cardio Core-60.Sarah S.MS3						Zumba-45.Hannah.MS1	6:15PM
6:30PM	Trekking-45.Kelsey.S&C 📄	Trekking-45.Kaitlyn.S&C 📄	Trekking-45.Lexi.S&C 📄	Trekking-45.Catherine.S&C 📄 Core-30.Patricia.MS3				6:30PM
6:45PM	Boot Camp-45.Jared.MS1	DWE-45.Catherine.CBAC Step I-45.Ally.MS1 Cardio Core-60.Maryanne.MS3	Cardio Core-60.Maryanne.MS1	DWE-45.Camille.CBAC Cardio Hip Hop-45.Brooke.MS1				6:45PM
7:15PM							Strength Core-45.Zach.MS1	7:15PM
7:30PM	DWRUN-45.Clare.CBAC Cardio Kickboxing-45.Kaleigh.MS3		DWE-45.Cayla.CBAC					7:30PM
7:45PM	Strength Core-45.Cayla.MS1	Cardio Kickboxing-45.Cara.MS1		Cardio Sculpt-45.Barbara.MS1				7:45PM
8:00PM			Cardio Kickboxing-45.Lila.MS1					8:00PM
8:15PM			Cardio Sculpt-45.Camille.MS3					8:15PM
8:30PM	Step I-45.Ally.MS3							8:30PM
8:45PM	Cardio Hip Hop-45.Cayla.MS1	Core-30.Cara.MS1		Zumba-45.Vangie.MS1				8:45PM
9:00PM			Cardio Hip Hop-45.Hannah.MS1					9:00PM
9:15PM		Cardio Sculpt-45.Kelsey.MS3						9:15PM
9:30PM		Zumba-45.Vangie.MS1						9:30PM