

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:30AM			Cardio Sculpt-45.Kellin.MS3		Strength Core-45.Kellin.MS3			6:30AM
7:30AM	Trekking-45.Catherine.S&C		Trekking-45.Kellin.S&C					7:30AM
8:15AM		Zumba-45.Allison.MS3						8:15AM
9:00AM			Strength Core-45.Rachel.MS3		Cardio Kickboxing-45.Kaleigh.MS3			9:00AM
9:15AM						Step II-45.Camille.MS3		9:15AM
10:15AM						Core-30.Camille.MS3		10:15AM
11:15AM				Step I-30.Clare.MS3		Trekking-45.Kaitlyn.S&C Strength Core-45.Kellin.MS1		11:15AM
12:15PM	F/S Strength Core-45.Kelsey.HP171 Cardio Sculpt-45.Sharyn.MS3	F/S Zumba-45.Hannah.HP171	F/S Cardio Sculpt-45.Kelsey.HP171 Strength Core-45.Zach.MS3	F/S Strength Core-45.Telesha.HP171	F/S Core Stretch-45.Kellin.HP171 Strength Core-45.Clare.MS3	Zumba-45.Allison.MS1		12:15PM
1:15PM		Trekking-45.Heather.S&C			Trekking-45.Kelsey.S&C			1:15PM
2:45PM					Cardio Core-60.Sarah S.MS1			2:45PM
3:45PM	Step I-30.Michael.MS1						Step I-45.Sara O.MS3	3:45PM
4:00PM		Step Strength II-75.Sharyn.MS3		Step Strength II-75.Patricia.MS3	Step I/II-45.Telesha.MS3			4:00PM
4:15PM		Cardio Core-60.Sarah S.MS1	Zumba-45.Barbara.MS1					4:15PM
4:30PM	Strength Core-45.Michael.MS1			Core-30.Lila.MS1			Core-30.Lila.MS1	4:30PM
5:00PM					Strength Core-45.Telesha.MS3			5:00PM
5:15PM			Cardio Kick & Strength-60.Sharyn.MS1	Cardio Kickboxing-45.Lila.MS1	Zumba-45.Hannah.MS1		Cardio Kickboxing-45.Lila.MS1	5:15PM
5:30PM	F/S DWE-45.Zach.HP Royer Pool Zumba-45.Barbara.MS1 Step II-60.Camille.MS3	F/S DWE-45.Clare.HP Royer Pool Power Strength-60.Jared.MS1 Cardio Kickboxing-30.Telesha.MS3	F/S DWE-45.Zach.HP Royer Pool	F/S DWE-45.Maryanne.HP Royer Pool Core-30.Patricia.MS3				5:30PM
6:00PM					Cardio Kick & Strength-75.Brooke.MS3			6:00PM
6:15PM		Core-30.Telesha.MS3		Zumba-45.Barbara.MS1 Body Bar Strength-45.Brooke.MS3			Zumba-45.Brooke.MS1	6:15PM
6:30PM	Trekking-45.Kaitlyn.S&C Strength Core-45.Clare.MS1	Trekking-45.Lexi.S&C	Trekking-45.Sharyn.S&C Cardio Core-60.Maryanne.MS1	Trekking-45.Catherine.S&C				6:30PM
6:45PM	Cardio Core-60.Maryanne.MS3	DWE-45.Cara.CBAC Boot Camp-45.Jared.MS1		DWE-45.Cayla.CBAC				6:45PM
7:00PM		Hip Hop-45.Jenn.MS3						7:00PM
7:15PM				Cardio Core-60.Brooke.MS1			Strength Core-45.Cayla.MS1	7:15PM
7:30PM	DWE-45.Clare.CBAC Zumba-45.Vangie.MS1		DWRun-45.Clare.CBAC					7:30PM
7:45PM		Cardio Kickboxing-45.Cara.MS1	Strength Core-45.Maryanne.MS1					7:45PM
8:00PM	Cardio Kickboxing-45.Kaleigh.MS3							8:00PM
8:15PM			Step I-45.Ally.MS3					8:15PM
8:30PM	Core-30.Cayla.MS1			Zumba-45.Vangie.MS1				8:30PM
8:45PM		Core-30.Brooke.MS1	Cardio Hip Hop-45.Cayla.MS1					8:45PM
9:00PM	Step I-45.Ally.MS3							9:00PM
9:15PM	Cardio Hip Hop-45.Cayla.MS1	Step Core I-45.Camille.MS3	Cardio Kickboxing-45.Alex.MS3					9:15PM
9:30PM		Zumba-45.Brooke.MS1						9:30PM