

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM BODY SCULPT MELISSA	9:30AM BODY SCULPT MELISSA	5:30AM TURBO KICK DAWN	5:30AM CYCLE MARIA	5:30AM BOOTCAMP DAWN	4:00PM PiYO MARIA	7:00AM Beginner Bootcamp MARIA
	6:00PM CYCLE & SCULPT MARIA	9:30AM YOGALATTES AMY	9:30AM CYCLE JESS	9:30AM BODY SCULPT AMY	5:30PM ROCK & ROLL RIDE MARIA	8:00AM INSTANITY LIVE MARIA
	7:15PM PiYO MELISSA	4:00PM TOTAL BODY HIIT JULIE	6:00PM STRENGTH CORE & MORE DAWN	6:00PM CYCLE MARIA		9:00AM STRETCH & FLOW MELISSA
		6:00PM CYCLE MARIA	7:00PM TURBO KICK DAWN	7:00PM P90X MARIA		
		7:00PM MMA FIGHT MARIA				