

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM CYCLE MARIA	5:30AM EXPRESS DAWN *starts 3/25	5:30AM TURBO KICK DAWN	5:30AM CYCLE MARIA	5:30AM BOOTCAMP DAWN	9:30AM CYCLE JESS	7:00AM BOOTCAMP MARIA
9:00AM BODY AND SCULPT MELISSA	6:00PM CYCLE & SCULPT MARIA	4:00 TOTAL BODY HIIT JULIE	5:00PM BARRE MELISSA *starts 3/20	6:00PM CYCLE MARIA	4:00PM P90X HAYLEY *starts 3/22	8:00AM INSANITY LIVE MARIA
10:00AM ZUMBA SARA	7:15pm PIYO MELISSA	6:00PM CYCLE MARIA	6:00PM STRENGTH, CORE & MORE DAWN	7:00PM P90X MARIA	5:30PM ROCK & ROLL RIDE MARIA	9:00AM BARRE MELISSA *starts 3/23
		7:00PM MMA FIGHT MARIA	7:00PM TURBO KICK DAWN			10:00AM STRETCH & FLOW MELISSA

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