



Spring 2012
January 17- May 2

GROUP EXERCISE

Monday

11am-11:50am	Legs, Buns, Abs	Louie
12pm-12:50pm	Cycle	Kelsea
12pm-12:50pm	Yoga Fusion	Leigh
4pm-4:50pm	Total Conditioning	April
5pm-5:50pm	Yoga	Ashlee
5pm-5:50pm	Total Cardio	Stephanie
5pm-5:50pm	Kickboxing	April
6pm-6:50pm	Cycle	Amber
6pm-6:50pm	Jazz	Devon
6pm-6:50pm	Soul Grooves	Louie/Michelle
7pm-7:30pm	Abs 101	Amber
7pm-7:50pm	Zumba®	Michelle
7pm-7:50pm	Kettlebell	Louie
7pm-8:30pm	Jiu Jitsu	Graham/Andrew
8pm-8:50pm	Hip Hop	Devon

Tuesday

6:30am-7:15am	Cycle	Amber
12:30pm-1pm	Abs 101	Louie
4pm-4:50pm	TurboKick™	April
4pm-4:50pm	Kettlebell	Ian
5pm-5:50pm	Cycle	Stephanie
5pm-5:50pm	Step & Abs	Leigh
5pm-5:50pm	Jazz	Jackie
6pm-6:50pm	Cardio Kickboxing	Taylor
6pm-6:50pm	Zumba®	Zach
7pm-7:50pm	Stretch Yoga	Kim
7pm-7:50pm	Hip Hop Abs	Devon
7pm-8:30pm	Mixed Martial Arts	Andrew
7:15pm-8:15pm	Cycle	Sergio
8pm-8:50pm	Total Conditioning	Kelsea



Wednesday

6:30am-7:15am	Cycle	Mackenzie
11am-11:50am	Legs, Buns, Abs	Louie
12pm-12:50pm	Cycle	Kelsea
12pm-12:50pm	Yoga Fusion	Leigh
4pm-4:50pm	Total Conditioning	April
4:20pm-4:50pm	Stretch Yoga	Ashlee
5pm-5:30pm	Abs 101	April
5pm-5:50pm	Kickboxing	Roxy
6pm-6:50pm	Cycle	Amber
6pm-6:50pm	Hip Hop Abs	Devon
6pm-6:50pm	Zumba®	Michelle
7pm-7:30pm	Abs 202	Roxy
7pm-7:50pm	Beginning Salsa	Zach
7pm-7:50pm	Legs, Buns, Abs	Kim
7pm-8:30pm	Women's Self Defense	Graham
8pm-8:50pm	Advanced Salsa	Zach

Thursday

12:30pm-1:30pm	Total Conditioning	Kelsea
4pm-4:50pm	TurboKick™	April
4pm-4:50pm	Kettlebell	Ian
5pm-5:50pm	Cycle	Amber
5pm-5:50pm	Step & Abs	Leigh
5pm-5:50pm	Modern Dance	Jackie
6pm-6:50pm	Cardio Kickboxing	Taylor
6pm-6:50pm	Total Conditioning	Stephanie
6pm-6:50pm	POWER Pilates	Kim
7pm-7:50pm	Dance Tech	Devon
7pm-7:50pm	Cycle	Mackenzie
7pm-8:30pm	Jiu Jitsu	Graham
8pm-8:50pm	Hip Hop	Devon

Friday

12pm-12:50pm	Total Conditioning	Louie
12pm-12:50pm	Cardio Dance	Kristina
4:20pm-4:50pm	Balance Yoga	Ashlee
5pm-5:50pm	Zumba®	Zach
5pm-5:50pm	Cycle	Roxy

Sunday

5pm-5:50pm	Zumba®	Zach
6pm-6:50pm	Cycle	Amber
6pm-6:50pm	Total Conditioning	Kelsea

Saturday

12pm-12:50pm	Cycle	Mackenzie
12pm-12:50pm	Zumba®	Kristina

NO CLASSES SPRING BREAK.

Rec Studio

Rowdy Studio

Blue Studio

Orange Studio