


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	9:00 - 10:30 Circuit FLEX <i>(last start 9:45)</i> 9:30 - 10:15 Mommy & Me Fit & Strong '	9:00 - 9:45 TRX Training 9:30 - 10:15 Mommy & Me Fit & Strong'	9:00 - 10:30 Circuit FLEX <i>(last start 9:45)</i>	9:00 - 9:45 Beginner Strength & Balance	5:45 - 6:45 Spin Fusion 9:00 - 10:30 Circuit FLEX <i>(last start 9:45)</i> 10:30 - 11:30 Yoga for Strong Bones & Healthy Bodies	8:00 - 8:30 Mixed Level Spin 8:30 - 9:00 Mixed Level Spin 9:05 - 9:35 TRX Express 9:00 - 9:40 Kids Dance Party 9:45 - 10:30 PiYo 10:35 - 11:20 Mixed Level Spin 10:35 - 11:35 Lightsabers	9:00 - 10:00 Spin 'n Core <i>(45m spin / 15m core)</i>
	AFTERNOON	2:30 - 3:15 Silver Sneakers Classic 4:00 - 5:30 Circuit FLEX <i>(last start 4:45)</i> 4:30 - 5:15 Kids Playtime	 4:30 - 5:15 Kids Dance Party	2:30 - 3:15 Silver Sneakers Classic 3:30 - 4:30 Chair Yoga	 4:00 - 5:30 Circuit FLEX <i>(last start 4:45)</i>	 4:00 - 4:45 Mommy & Me Fit & Strong'	11:40 - 12:40 Tai Chi 
EVENING		5:30 - 6:15 Mixed Level Spin 5:30 - 6:30 Pre Natal Yoga 6:15 - 7:00 TRX Circuit	 5:30 - 6:15 Mixed Level Spin 6:15 - 7:00 P90X Live	 5:30 - 6:15 Beginner Strength Training 6:15 - 7:00 Spin & Strong	5:30 - 6:15 Family Yoga 5:30 - 6:15 Mixed Level Spin 6:15 - 7:00 Circuit Training	5:00 - 5:30 Burn It to Earn It Spin	Open Gym: M - Sat, 9:00 - 11:00 (\$8 Drop-in, \$25 for the month) Drop-Ins: 30m Class - \$10 45-60m Class - \$12 Day Pass - \$15 Enjoy unlimited classes during each visit with a day pass!
	TEAM TRAINING SCHEDULE						Spring 2017