



Class Schedule for Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am - 6:45 am Spin with Angela @ Performance Center ----- 5:50 am – 7:00 am Yoga with Mike		5:45 am - 6:45 am Spin with Angela @ Performance Center ----- 5:50 am – 7:00 am Yoga with Mike		5:45 am – 6:45 am Spin with Angela @ Performance Center	
7:45 am – 8:30 am Men’s Circuit with Lauren		7:45 am – 8:30 am Men’s Circuit with Lauren		7:45 am – 8:30 am Men’s Circuit with Lauren	
8:30 am – 9:15 am Core Works Pilates with Beth	8:30 am – 9:15 am Yoga with Mike	8:30 am – 9:15 am Core Works Pilates with Beth	8:30 am – 9:15 am Pilates with Beth	8:30 am – 9:15 am Strength/Cardio with Beth	8:30 am – 9:30 am Instructors Choice with Laura/Kathryn
9:30 am – 10:00 am Balance Booster & Stretch with Beth		9:30 am Balance Booster & Stretch with Beth			
4:30 pm – 5:15 pm Strength Circuit with Lauren	4:30 pm – 5:15 pm Pilates with Beth	4:30 pm – 5:15 pm Strength Circuit with Lauren	4:30 pm – 5:15 pm Pilates with Beth		
5:30 pm/6:00 pm Boom Move/Toning with Audrey	5:30 - 6:30 pm Achieve Body with Kathryn/Laura	5:30 pm – 6:30 pm Crush with Kathryn/Laura	5:30 pm – 6:30 pm Achieve Body with Kathryn/Laura		

