

Class/Yoga Studio Schedule-

As of December 1, 2017

Start End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am 6:40am	Strength Plus		Strength Plus		6:30am-7:25am Vinyasa Yoga		
7:00am 7:55am	Vinyasa Yoga		Vinyasa Yoga			Yoga	
7:30am 8:25am		Egoscue		Egoscue			Hatha Yoga
8:30am 9:25am		Function & Flow	Function & Flow	MELT Performance	Function & Flow		
9:30am 10:25am	Strength Plus		Buddha Strength		Strength Plus	Strength Plus	
1030am 11:25am		Zumba		Zumba		Nov 11th & 18th Zumba	
6:30pm 8:25pm	Class reserved for dance class						

Cycle Room Schedule

GYM CLOSED - Dec 25th & Jan 1st, 2018 Happy Holidays! Christmas & New Years Eve Dec 24th & 31st Gym Open 7am-2pm.

Start End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am 6:40am		Cycle		Cycle			Dec 3rd & 17th \$5 drop in required 9am-10:30a Ride & Tone
7:30am 8:25am	Cycle				Cycle		
8:30am 9:25am	Cycle	Cycle & Sculpt	Cycle	Cycle & Sculpt		Cycle	
5:30pm 6:25pm			Cycle				

