

Class/Yoga Studio Schedule-

Starting 02-01-17

Start End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am 6:40am	Strength Plus Kelly		Strength Plus Kelly		6:30am-7:25am Vinyasa Yoga Katie		
7:00am 7:55am	Vinyasa Yoga Keri		Vinyasa Yoga Keri			Yoga Julie	
7:30am 8:25am		Egoscue Katie		Egoscue Elliott	Feb 10th & 24th Function & Flow @ 8am Joan		Hatha Yoga Annie
8:30am 9:25am		Egoscue Katie	Function & Flow Joan				
9:30am 10:25am	Strength Plus Corrie	Buddha Barre Kika		Pilates Christina	Strength Plus Natalie	Strength Plus Megan	
1030am 11:25am		Zumba Charly		Zumba Charly		Feb 11th & 25th Zumba w/ Charly	
5:30pm 6:25pm							

Cycle Room Schedule

Start End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am 6:40am		Cycle Larry		Cycle Dayle			Ride & Tone 9am- 10:25am 1.5 hr \$5 drop in fee req! Feb 5th & 19th
7:30am 8:25am	Cycle Carlos	Cycle Melanie			Cycle Julianna		
8:30am 9:25am	Cycle Ray	Cycle & Sculpt Ray	Cycle Carlos	Cycle & Sculpt Ray		Cycle Melanie	
5:30pm 6:25pm			Cycle Carlos				

