

Class/Yoga Studio Schedule-

As of August 1, 2017

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 Justin		Egoscue Justin			Hatha Yoga Annie
8:30am	9:25am		Function & Flow Joan	Function & Flow Joan		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		2nd & 4th Sat of every mth 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			NO RIDE & TONE CLASSES
7:30am	8:25am	Cycle Carlos	Cycle Melanie			Cycle LEE		
8:30am	9:25am	Cycle Ray	Cycle & Sculpt Ray	Cycle Carlos	Cycle & Sculpt Ray		Cycle Megan	
5:30pm	6:25pm			Cycle Carlos				

