

# Class/Yoga Studio Schedule-

As of October 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	*New- MELT Performance Corrie	Function & Flow Joan		
9:30am 10:25am	Strength Plus Corrie	Buddha Barre Kika		*No Pilates Class	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

October 31st Gym open from 5am-5pm: HAPPY HALLOWEEN

Start End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am 6:40am		Cycle Larry		Cycle Dayle			Oct 8th and 22nd \$5 drop in required 9am- 10:30a Ride & Tone
7:30am 8:25am	Cycle Carlos	Cycle Melanie			Cycle Megan		
8:30am 9:25am	Cycle Ray	Cycle & Sculpt Ray	Cycle Carlos	Cycle & Sculpt Ray		Cycle Megan	
5:30pm 6:25pm			Cycle Carlos				

