	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
6:00 AM							
7:00 AM						closed	
8:00 AM		Zumba		Zumba			
9:00 AM		8:15-9:05		8:15-9:05			CLOSED
3.00 AW		Yoga		Yoga			
10:00 AM		9:30-10:20am		9:30-10:20am			
11:00 AM							
12:00 PM			Yoga Club	Yoga Club	Yoga Club		
1:00 PM			noon - 1pm	noon - 1pm	noon - 1pm		
2:00 PM		High Intensity Training	Pilates	High Intensity Training			
2.00 1 111		2:00-2:50	2:00-2:50	2:00-2:50			
3:00 PM			TRX Cross Training/				
			Personal Fitness 3-3:50	Circuit Training			
4:00 PM		3:30-4:20	Personal Fitness/ Spinning 4-4:50	3:30-4:20			
5:00 PM		Strength & Conditioning		Strength & Conditioning			
		5:15-6:30		5:15-6:30			
6:00 PM							
7:00 PM	Yoga Club	Yoga Club					
8:00 PM	7-8pm	7-8pm			CLOSED	CLOSED	
9:00 PM							
10:00 PM							
11:00 PM	CLOSED	CLOSED	CLOSED	CLOSED			CLOSED
	010010	023025	323325	323325			010010