


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15-10:15 Cycle-Yoga Marcella 9:30 -10:30 Baby & You Bootcamp Tammy K 5:45-6:45 RTB Brenda	2 9:15-10:15 Sweat & Steel Tammy K <i>(in blue gym)</i> 5:45-6:45 Cycle-Core Naz 8-9:00 Cardio Mix Jodie	3 6:00 - 6:45 Power Cycle Deanna 9:15-10:15 TRX Circuit Brenda 11:05 - 12:05 Gently Fit Naz 5:45- 6:45 Sweat & Steel Carmaine 7:00 - 8:00 Bosu Bootcamp Carmaine 8:05-9:05 Intro Hatha Yoga Pam	4 9:15-10:15 RTB Brenda 6:00 - 6:55 RTB Brenda 7:00-8:00 All-in-One Dana	5 (New) 9:15-10:15 Cycle-Climb Suzette 11:05 - 12:05 Gently Fit Naz 6:00 - 6:45 Power Cycle Brenda 7:15-8:15 Intro Hatha Yoga Kim	6 9:30-10:30 The Works Heather D 10:35 - 11:35 Cardio Jazz Jodie
	7 8:30-9:25 Power Cycle Brenda 9:30 - 10:30 RTB Naz	8 9:15-10:15 Cycle-Yoga Marcella 9:30 -10:30 Baby & You Bootcamp Tammy K 5:45-6:45 RTB Brenda	9 9:15-10:15 Sweat & Steel Marcella <i>(in blue gym)</i> 5:45-6:45 Cycle-Core Deb 8-9:00 Cardio Mix Naz	10 6:00 - 6:45 Power Cycle Deanna 9:15-10:15 TRX Circuit Brenda 11:05 - 12:05 Gently Fit Naz 5:45- 6:45 Sweat & Steel Tammy W 7:00 - 8:00 Bosu Bootcamp Jodie 8:05-9:05 Intro Hatha Yoga Pam	11 9:15-10:15 RTB Marcella 6:00 - 6:55 RTB Marcella 7:00-8:00 All-in-One Deb	12 (New) 9:15-10:15 Cycle-Climb Suzette 11:05 - 12:05 Gently Fit Naz 6:00 - 6:45 Power Cycle Naz 7:15-8:15 Intro Hatha Yoga Kim
14 8:30-9:25 Power Cycle Marcella 9:30 - 10:30 RTB Naz	15 9:15-10:15 Cycle-Yoga Marcella 9:30 -10:30 Baby & You Bootcamp Tammy K 5:45-6:45 RTB Brenda	16 9:15-10:15 Sweat & Steel Marcella <i>(in blue gym)</i> 5:45-6:45 Cycle-Core Naz 8-9:00 Cardio Mix Naz	17 6:00 - 6:45 Power Cycle Deanna 9:15-10:15 TRX Circuit Brenda 11:05 - 12:05 Gently Fit Brenda 5:45- 6:45 Sweat & Steel Tammy W 7:00 - 8:00 Bosu Bootcamp Carmaine 8:05-9:05 Intro Hatha Yoga Pam	18 9:15-10:15 RTB Marcella 6:00 - 6:55 RTB Brenda 7:00-8:00 All-in-One Deb	19 (New) 9:15-10:15 Cycle-Climb Suzette 11:05 - 12:05 Gently Fit Diane 6:00 - 6:45 Power Cycle Brenda 7:15-8:15 Intro Hatha Yoga Kim	20 9:30-10:30 The Works Heather S 10:35 - 11:35 Cardio Jazz Jodie
21 8:30-9:25 Power Cycle Dan 9:30 - 10:30 RTB Brenda	22 9:15-10:15 Cycle-Yoga Marcella 9:30 -10:30 Baby & You Bootcamp Tammy K 5:45-6:45 RTB Brenda	23 9:15-10:15 Sweat & Steel Marcella <i>(in blue gym)</i> 5:45-6:45 Cycle-Core Deb 8-9:00 Cardio Mix Jodie	24 6:00 - 6:45 Power Cycle Deanna 9:15-10:15 TRX Circuit Brenda 11:05 - 12:05 Gently Fit Brenda 5:45- 6:45 Sweat & Steel Tammy W 7:00 - 8:00 Bosu Bootcamp Jodie 8:05-9:05 Intro Hatha Yoga Pam	25 9:15-10:15 RTB Marcella 6:00 - 6:55 RTB Marcella 7:00-8:00 All-in-One Dana	26 (New) 9:15-10:15 Cycle-Climb Suzette 11:05 - 12:05 Gently Fit Diane 6:00 - 6:45 Power Cycle Brenda 7:15-8:15 Intro Hatha Yoga Kim	27 9:30-10:30 The Works Dana 10:35 - 11:35 Cardio Jazz Jodie
28 8:30-9:25 Power Cycle Marcella 9:30 - 10:30 RTB Brenda	29 9:15-10:15 Cycle-Yoga Marcella 9:30 -10:30 Baby & You Bootcamp Tammy K 5:45-6:45 RTB Brenda	30 9:15-10:15 Sweat & Steel Marcella <i>(in blue gym)</i> 5:45-6:45 Cycle-Core Michelle 8-9:00 Cardio Mix Jodie	31 6:00 - 6:45 Power Cycle Deanna 9:15-10:15 TRX Circuit Brenda 11:05 - 12:05 Gently Fit Brenda 5:45- 6:45 Sweat & Steel Tammy W 7:00 - 8:00 Bosu Bootcamp Carmaine 8:05-9:05 Intro Hatha Yoga Pam			