

GROUP FITNESS/SPIN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am SPIN ANGELA 45min. followed by 30 min. BURN <small>UPPER BODY STRENGTH</small>		8:00am SPIN DAWNA 45min.			8:30am CANDLE LIGHT FLOW <i>Joy</i>
8:30am JUMPSTART <i>Jan</i>		8:30am BODY SCULPTING <i>Jan</i>	8:45am HIIT (45min) <i>Angela</i>		8:30am SPIN Instructor Rotation 45min	9:30am SPIN Becky 45min
9:30am SPIN ANDI 45min	9:30am BODY BLAST/LEGS <i>Petala</i>	9:30am SPIN ANDI 45min.	9:30am BODY BLAST/UPPER <i>Petala</i>	9:30am SPIN BECKY 45min	9:30am SCULPT & STEP <i>Julie</i>	10:30am ZUMBA <i>Kig</i>
10:30am SLOW FLOW YOGA <i>Barbara</i>	10:30am ZUMBA <i>Hugo</i>	10:30am VINYASA FLOW YOGA <i>Slywia</i>	10:30am ZUMBA <i>Hugo</i>	10:30am VINYASA YOGA <i>Joy</i>	10:30am BARRE <i>Daniella</i>	
11:30am ZUMBA <i>Hugo</i>	11:30am Chair Yoga <i>September</i>	11:30am STRENGTH & BALANCE <i>September</i>	11:30am STRENGTH & BALANCE <i>Angel</i>	11:30am ZUMBA <i>Hugo</i>		
			12:30pm FULL BODY <i>Phyllis</i>		*Class and/or instructor subject to change without notice	
					*****CLASSES AND OR INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE!!!!	
5:30 PM BODY SCULPT <i>Karyn</i>	5:30pm BUTTS & Gutts <i>Petala</i>		5:30 PM BARRE <i>Daniella</i>		ALL GROUP FITNESS CLASSES, ^ ALL SPIN CLASSES ARE 45MIN	
	6:30pm SPIN CHARLOTTE 45min	6:00pm STEP and MORE <i>September</i>	6:30pm SPIN CHARLOTTE 45min			