

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*6:10am Leanne CSI	*6:10am Marilee CRT	*6:10am Carey SET	*6:10am Liz Yoga	*6:10am Lee CRT	*8:15am On Rotation Core Collection
	~6:10am Stef A Vicious Cycle		~6:10am Shannon Roadfit Cycle		~8:00am Ride in 55
	~7:00am Lee SET		~7:00am Lisa CSI		~9:15am On Rotation CRT
*7:00am Joanie Spyndurance		*7:00am Deb Cycle Foundations			~9:00am Joanie Roadfit Cycle
*8:15am Lee CRT		*8:15am Deb BLT		*8:15am Coleen Core Collection	*10:15am Brenda Flirty Girl
~ 9:15 am Marilee Flirty Girl	~ 9:15 am Coleen Tabata 20	~ 9:15 am Marilee CRT	~ 9:15 am Carey SET	~ 9:15 am Jen/Coleen Step-Strength	~11:00am Liz Yoga
~ 9:15 am Deb Ride in 55		~ 9:15 am Joanie Tabata Cycle		~ 9:15 am Joanie Roadfit Cycle	Sunday
	~10:15 am Coleen Athletic Flex & Stretch	~10:15 am Kathy Iron Mat Pilates	~10:15 am Kathy Yogalates	~10:15 Melanie Yoga Flow	~9:00am On Rotation Yoga
*12:10pm Deb CRT	*12:10pm Kelly Crunch Time	*12:10pm Marilee BLT	*12:10pm Deb Crunch Time	*12:10pm Deb CSI	*10:00am Deb/Brenda Core Collection
*12:10pm Shannon Cycle Express		*12:10pm Kelly Cycle Express		*12:10pm Shan/Carl Cycle Express	
*5:30pm Lee Tabata 20		*5:30pm Deb CRT			
*6:15pm Lee Core Collection		*6:15pm Leanne BLT			
~6:30pm Joanie A Vicious Cycle	~ 6:30pm Dave Tabata Cycle	~6:30pm Jenn Cycle Foundations	~6:30pm Dave Roadfit Cycle		
~7:00pm Stef SET	~ 7:00pm Lisa Flirty Girl	~7:00pm On Rotation Tabata 20	~7:00pm Kathy Iron Mat Pilates		
~8:00pm Coleen Athletic Flex & Stretch	~ 8:00pm Ashley Yoga				
~8:00pm Kelly RoadFit Cycle		~8:00pm Thom Ride in 55			