

The GYM's Classes Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	HIIT IT	Cycle	Bootcamp	Cycle	Shred		
Instructor	Kayla	Allie	Allie	Allie	Michelle		
8:00 AM			Cardio/ Kickboxing			TnT	
Instructor			Faith			Lin	
8:30 AM	Cycle	Total Body Challenge	Rock Out Cycle				Cycle
Instructor	Kelley	Nancy	Nancy				Kim
8:45 AM				Back to Basics			
Instructor				Lin			
9:00 AM					Cycle		
Instructor					Kim		
9:15 AM	Fired Up		Power Flex				
Instructor	Michelle		Kelley				
9:45 AM		Foundations Yoga					
Instructor		Nancy					
10:00 AM				Vinyasa Yoga			
Instructor				Nancy			
10:30 AM	Active Aging		Pilates				
Instructor	Andrea		Lauren				
Noon				Lunch Hour Cardio Combo			
Instructor				Faith			
5:30 PM	Cycle	Cycle	Cycle				
Instructor	Deb	Kim	Deb				
6:00 PM		Trimtastics					
Instructor		Lin					