

February schedule

Monday	
5:15-6:00a	RPM Beth Cycling Studio
6:00-6:20a	Abs Beth Group X Studio
7:15-8:15a	Tai Chi Kay Group X Studio
8:30-9:30a	Body Pump Krista Group X Studio
8:30-9:30a	Taoist yoga Kay Mind Body Studio
9:30-10:30a	Hatha Yoga Sue Mind Body Studio
10:30-11:30a	4 Ever Young Yoga Sue Mind Body Studio
11:30-12:30p	Body Pump Rachael Group X Studio
4:30-5:30p	step Bosu Beth Group X Studio
5:30-6:30	Step Kitty Mind Body Studio
5:30-6:15p	RPM Beth Cycling Studio
5:40-6:40p	Body Pump Rachael Group X Studio
6:30-7:30	Beginner Yoga Carrie
6:45PM	Abs Dea

Wednesday	
5:15-6:00a	Cycle Emilie Cycling Studio
6:00-6:20a	Abs Emilie Group X Studio
8:30-9:30a	Taoist Yoga Kay Mind Body Studio
8:30-9:30a	Body Pump Beth Group X Studio
9:45-10:45a	Beginner Tai Chi Kay Group X Studio
10:45-11:45	HiLo Sherry Group X Studio
4:30-5:30p	interval Blast Emilie group x
5:30-6:30p	RPM Rachael Cycling Studio
5:30-6:15p	HiLo Kitty Mind Body Studio
5:30-6:30p	Circuit Dea Group X Studio
6:30-7:30p	Flexible Strength Kat Mind body
6:30-6:50	Abs Dea Group X Studio

Friday	
5:15-6:00a	Cycle Emilie Cycling Studio
7:30-8:30a	Hatha Yoga mind body Sue
6:00-6:20a	Abs Emilie Group X Studio
8:30-9:30a	Body Pump Krista Group X Studio
9:45-10:30a	RPM Beth Cycling Studio
10:00-10:45a	HiLo Sherry group x
4:30-5:15p	Cycle Fit Kids Sherry Cycling Studio
4:30-5:30p	Step Emilie Group X Studio
5:30-6:30p	Body pump Haley / Beth group x studio

Tuesday	
5:15-6:15a	Body Pump Krista Group X Studio
7:15-8:15a	Tai Chi Kay Group X Studio
8:30-9:30a	BOSU Beth Group X Studio
8:30-9:30a	Cycle Krista Cycling Studio
8:30-9:30a	Taoist Yoga Kay Mind Body Studio
11:30-12:15p	RPM Rachael Cycling Studio
4:30-5:30p	Body Pump Daren Group X Studio
4:30-5:30p	Fit Kids Sherry Mind Body Studio
5:30-6:15p	Sculpt 101 Kitty Mind Body Studio
5:30-6:30p	Boxing Dea Group X Studio
5:30-6:30	RPM Daren Cycling Studio
6:40	Core Strength Daren
6:30-7:30p	Flexible Strength Kat Mind Body

Thursday	
5:15-6:15a	Strength Training Krista Group Studio
7:15-8:15a	Advanced Tai Chi Kay Group X Studio
8:30-9:30a	Step Krista Group X Studio
8:30-9:30a	Rpm Beth Cycling Studio
9:30-10:30a	Hatha Yoga Sue Mind Body Studio
10:30-11:30a	4 Ever Young Yoga Sue Mind Body
11:30-12:15p	Cycle Rachael Cycling Studio
4:30-5:30p	Beginner Yoga Carrie Mind Body Studio
4:30-5:30	Rpm Beth Cycling Studio
4:30-5:30p	Cardio Mixer Sherry Group X Studio
5:30-6:30p	Cycle Dea Cycling Studio
5:40-6:40	Body Pump Rachael Group X Studio
6:30	Abs Dea

Saturday	
8:00-9:00a	Body Pump Beth Group X Studio
9:15-10:00a	Step Emillie Group X Studio
9:15-10:00a	RPM Daren Cycling Studio
Sunday	
2:00-3:00p	Body Pump Rotation Group X Studio
3:15-4:00p	Cycle Rotation Cycling Studio

coming soon TRX, Body Blast and Body Flow