

Monday 8:00am cycle = Emily
Monday 6:00pm cycle = Tina

Tuesday 9:00am Yoga Flow 1-2= Laurie D
Tuesday 9:15am step & strength = Alixa
Tuesday 10:30am Yoga 1-2= Laurie D
Tuesday 5:30pm Step Intermed=Alixa
Tuesday 7:00pm Yoga 1+= Laurie D

Wednesday 8:30am HIIT=Lauren
Wednesday 10:30am Chair Yoga= Sandy G
Wednesday 7:30pm Zumba = Beca

Thursday 9:00am Yoga 1-2=Jessica
Thursday 4:30pm Cycle=Argenta
Thursday 5:30pm Body Pump= Ashley
Thursday 7:30pm Body Pump=Melissa

Friday 11:00am step = Alixa

Saturday 7:15am Body Pump= Melissa
Saturday 8:30am Cycle= Melissa
Saturday 9:30am Zumba=Krysta
Saturday 10:30am Yoga 2=Becky
Saturday 10:30am 6Pack= Krysta
Saturday 11am Zumba=Krysta
Saturday 11:30am Cycle=Ashley
Saturday noon total body=Marina
Saturday noon Yoga Flow=Sandy G

Sunday 8am Cycle=Jenny
Sunday 11am Step=Marina
Sunday noon Tabata= Tina
Sunday 12:30pm 6pack=Tina