

## Instructor Changes 11/18-11-24

Monday 6:00am cycle=Jenn T  
Monday 10:45am Yoga Flow2=Mike  
Monday 10:00am cycle=Matt H  
Monday 6:30pm Cycle=Katie

Tuesday 7:00am 6pack=Dawn  
Tuesday 5:00pm GRIT=Katie  
Tuesday 6:30pm ZumbaStrong30=Katie teaching HIIT

Wednesday 10:30am AiChi=Sharon  
Wednesday 5:30pm Cycle=Katie

Thursday 7am Abs=Brittany M  
Thursday 10:30am Zumba=Krysta  
Thursday 7:30pm Body Pump=Melissa

Friday 10:30am Ai Chi=Sharon

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

Sunday 8am Cycle=Ashley  
Sunday 8:30am Yoga Flow 2=Sub needed  
Sunday 10am Yoga 1=Sub needed  
Sunday 11am Adv. Step=Alix  
Sunday noon-Tabata=Marina  
Sunday 12:30 6pack=Marina