

Monday:

5:30 am RPM- Courtney
 6:00 am BodyPump-Angie
 8:00 am BodyVive – Chris
 9:15 am BodyCombat- Jill
 12:00 pm BodyPump – Jill
 4:30 pm RPM – Tracy
 4:30 pm BodyPump - Michele
 5:30 pm BodyVive (s2) – Christen
 5:30 pm BodyStep – Julie
 5:30 pm superRPM – Toni
 6:30 pm BodyPump – Doug
 6:30 pm Zumba (s2) – Rita
 6:30 pm RPM – Kristin
 7:30 pm Yoga (s2) – Jennifer

Tuesday:

5:30 am RPM – Michele
 5:30am BodyAttack – Jessica
 6:00 am Pilates (s2) – Kris
 8:00 am BodyFlow (s2) – Chris
 8:15 am RPM – Tracy
 9:00 am BodyPump – Kris
 9:15 am RPM – Tonia
 10:00am Pilates-Kris
 10:45am SilverSneakers-Chris
 12:00pm RPM-Marta/Kristin
 4:30pm BodyStep-Marta
 5:30pm BodyPump-Toni
 5:30pm RPM- Mike
 6:30pm BodyJam-Tracy
 6:30pm BodyFlow(s2) – Jennifer
 7:00pm RPM-Charlie

Wednesday:

5:30am RPM-Annie
 6:00am BodyPump-Marta
 8:00am BodyVive-Chris
 9:15am BodyAttack-Jessica
 10:30am Yoga Stretch*-Chris
 12:00pm BodyPump – Jill
 4:30pm BodyPump-Michele
 5:30pm RPM-Debbie
 5:30pm BodyStep-Marta
 6:30pm BodyPump-Mike
 7:30pm Pilates –Kris

Thursday:

5:30am RPM-Michele
 8:00am BodyFlow-Chris
 8:15am RPM-Tracy
 9:00am BodyPump-Kris
 9:15am RPM-Tonia
 10:00am Pilates – Kris
 10:45am SilverSneakers – Jill
 12:00pm BodyCombat-Aaron
 4:30pm BodyStep-Julie
 5:30pm BodyPump-Michelle
 5:30pm RPM-Nyree
 5:30pm BodyVive(s2)-Christen
 6:30pm BodyJam-Aimee
 6:30pm BodyFlow(s2) Jennifer

Friday:

5:30am RPM-Charlie
 6:00am BodyPump-Marta
 9:15am BodyStep – Julie
 12:00pm BodyPump-Michelle
 4:30pm BodyPump-Jill
 5:30pm BodyCombat-Jill
 5:30pm RPM –Nyree/Courtney

Saturday:

8:10am BodyPump-Toni
 8:15am RPM- Charlie
 9:15am BodyFlow(s2) – Kris
 9:15am BodyStep – Marta
 9:15am superRPM- Toni
 10:15am Pilates – Kris
 12:00pm BodyPump-Laurel

Sunday:

11:00am BodyFlow-Jennifer
 12:00pm BodyCombat – Aaron
 12:00pm RPM – Nyree
 1:00pm BodyPump-Michelle
 2:00pm BodyVive-Chris

march

