



2024

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a		POWER HOUR Jordan		POWER HOUR Jordan		<div style="border: 1px solid black; padding: 5px; display: inline-block;">Vinyasa Yoga Ashley</div> * \$\$ Indicates Small Fee
8:00-9:00a	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Jenna	
9:00-10:00a	PILATES Shauna	PILATES & TONING Shauna	HIIT Marisella	BARRE BLEND Shauna	Core and Body Burn Yvette	
10:00-11:00a	GENTLE YOGA Blaise	Vinyasa Yoga Kaitlyn	GENTLE YOGA Kathryn	Vinyasa Yoga Kaitlyn	GENTLE YOGA Blaise	
1:00p-2:00p	Small Group (\$\$) Jenna	PWR MOVES! Jenna	Small Group (\$\$) Jenna		Small Group (\$\$) @12:15 Jenna	
6:30-7:30p	ZUMBA Debbie		ZUMBA Debbie			
7:30-9:00p			Line Dancing Class Mireya			

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	GYM HOURS Mon-Thurs 5 am - 10 pm Friday 5 am - 9 pm Saturday 7 am - 6 pm Sunday 1 pm - 6 pm
9:00a	ZUMBA Ashley	ZUMBA Marisella	ZUMBA Ashley	ZUMBA Marisella	ZUMBA STRENGTH Ashley	
10:00a			Strong Nation Marisella			
12:15-12:45 PM	Treadmil HIIT Jenna	CORE Jenna	Treadmil HIIT Jenna	CORE Jenna		
6:30-8:30p			Small Group HIIT (\$\$) 30min-Taisia	Line Dancing Class Mireya		
7:00-7:50p		VINYASA YOGA Ashley				

Spin Room

9-9:45a					
6:00p		Spin Shauna		Spin Shauna	

Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara
9:00a	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara	Aquarobics Sara
5:00p	Aquarobics Jerian	Aquarobics Jerian		Aquarobics Jerian	
6:00p	Aquarobics Lea	Aquarobics Lea		Aquarobics Lea	