

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30-6:15a	*SWAT	*SWAT	*SWAT	*SWAT	*SWAT		
5:45-6:30a	SPIN (DAWN)	MORNING MIX (JUILE J)	SPIN (RONDA)	PILATES (DAWN W)	SPIN (DAWN W)		
5:45-6:35a	*20/20	*20/20	*20/20	*20/20			
6-7:00a	*CIRCUIT (PT Room)	*KETTLEBELL (PT Room)	*CIRCUIT (PT Room)	*KETTLEBELL (PT Room)			
6:30-7:00a	ABS ABS (NIKKI)		ABS ABS (RONDA)		ABS ABS (JESSICA)		
7:15-8a						*SWAT Resistance	
8-9:30am						SPINaTHON (RONDA: Jon/Dawn)	
8-8:45a		TAI-CHI (DON)		TAI-CHI (DON)		*SWAT Kickboxing	
8-9am						YOGA (LINDA)	
8:45-9:30a	PILATES (THAO)		YOGA (JENNIFER)		PiYo (THAO/JENN)	ALL ABOUT LEGS! (RONDA)	
9:30-10:30a	CARDIO KICK (JESSICA)						
9-9:45a	H2O (HOLLY)	H2O (HOLLY) BODY FLEX (JENNIFER)		H2O (HOLLY) BODY FLEX (JENNIFER)	H2O (HOLLY)	H2O (MARSHA)	
9-10:00a							STEP (DAWN C)
9-9:50a	*20/20	*20/20	*20/20	*20/20	*20/20	*20/20	
9:30-10:15a			LOW IMPACT/SPIN (JENNIFER)		SPIN (JENNIFER)	STEP XPRESS (DAWN/JULIE/ DAWN/KIM)	
10-11:00a					*CARDIO TENNIS	*CARDIO TENNIS	
10:15-11a						BODY SCULPT (DAWN/JULIE/ DAWN/KIM)	
11:45-12:30p		SPIN (TONY)		SPIN (TONY)		*11am-1pm Olympic Sparr	
12pm-1:30pm							STEEL WORKS DAWN/NIKKI/JESS
5:00-5:45p		STEP XPRESS (JULIE)					
5:15-6:00p	CARDIO KICKBOXING -SWAT ROOM (ERICA)	SPIN (DAWN/NIKKI/ RONDA)		CARDIO KICKBOXING (JESSICA) SPIN (NIKKI/JON)			
5:30-6:30p	STEP & FLEX (JULIE J)						
5:30-6:20p	*20/20	*20/20	*20/20	*20/20			
5:45-6:30p		PILATES (SHERRI)		PILATES (SHERRI)			
5:45-6:45p	SPIN (JUSTIN)		SPIN (JUSTIN)				
5:30-6:15p	H2O (MARSHA)	H2O (MARSHA)	STRENGTH & CORE (MARSHA)	H2O (MARSHA)			
6:00-6:45p		BODY FLEX (NIKKI/JESSICA)		BODY FLEX (NIKKI/JESSICA)	*Youth/Adult TKD		
6:00-6:45p	*SWAT (ANGIE)	*SWAT (BRIAN)	*SWAT (JENAE/AMANDA)	*SWAT (ANNA)	*SWAT (ALTERNATE)		
6:30-7:30p	YOGA (EMILY)		YOGA (EMILY)				
6:30-7:15p		*Youth/Adult TKD		*Youth/Adult TKD			
7-8:00p	*Youth/Adult TKD		*Youth/Adult TKD				
7:15-8:45p		*Olympic Sparr		*Olympic Sparr			

CLASSES MARKED WITH AN ASTRIK* REQUIRE PRE-REGISTRATION AND FEE