













Group Training

September Schedule
Sept. 1st - 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 Spin  Johannes	7:00 - 8:15 Yoga* (gentle) Ephen	7:00 - 8:00 Spin  Charles	7:00 - 8:15 Yoga* (gentle) Ephen	7:00 - 8:00 Spin  Johannes		
8:30 - 9:30 Step Dot	8:30 - 9:30 Total Body Conditioning Dot	8:30 - 9:45 Flow n' Glow Yoga (moderate/vigorous) Stefan	8:30 - 9:30 Total Body Conditioning Dot	8:30 - 9:30 Step Dot		
10:00 - 11:00 Spin  Charles	9:30 - 10:30 Pilates Melissa	10:00 - 11:00 TRX Circuit (H.I.) Charles	9:30 - 10:30 Pilates Marie	10:00 - 11:00 Spin  Charles	9:00 - 10:30 Yoga* (moderate/vigorous) Ephen	10:00 - 11:30 Yoga Beth (gentle/moderate)
10:30 - 11:45* Yoga Beth (gentle/moderate)		10:00 - 11:00 Spin  Johannes			10:00 - 11:30 Vicious Cycle (H.I.)  Charles	10:00 - 11:00 Spin  Melissa
5:30 - 6:30 Boot Camp** (H.I.) Charles	5:30 - 6:45 Yoga (gentle) Tim	5:30 - 6:45 Yoga* (moderate) Ephen	5:30 - 6:45 Yoga (vigorous) (H.I.) Tim	4:30 - 5:25 All in One (H.I.) Charles		4:30 - 5:30 Flow n' Glow Yoga (gentle/moderate) Stefan
	5:30 - 6:30 Spin  Melissa	5:30 - 6:30 Spin  Charles		5:30 - 6:30 Yoga* (gentle) Kate (starts on 9/8)	** No class on Sept 4th for Labor Day	* New class, time or instructor
						H.I. (high intensity class)

Hours of Operation

Sept 1st -9th
6am to 9pm

OFF SEASON Starts
Sept 10th
M - F 6am to 8pm
Sat / Sun 7am to 8pm

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