











Group Training

Dec Schedule
12/1 - TBD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 Spin  Johannes	7:00 - 8:15 Yoga (starting on 12/19) Kate		7:00 - 8:15 Yoga (starting on 12/21) Kate	7:00 - 8:00 Spin  Johannes		
8:30 - 9:30 Step Dot	8:30 - 9:30 Total Body Conditioning Dot	8:30 - 9:45 Yoga (gentle/moderate) Beth	8:30 - 9:30 Total Body Conditioning Dot	8:30 - 9:30 Step Dot	9:00 - 10:30 Yoga (starting on 12/16) Kate	
9:30 - 10:45 Yoga Beth (gentle/moderate)	9:30 - 10:30 Pilates Melissa	10:00 - 11:00 TRX Circuit (H.I.) Charles	9:30 - 10:30 Pilates Marie	9:30 - 10:30 Pilates Core Fusion Charles	10:00 - 11:30 Vicious Cycle (H.I.) Charles/Melissa 	10:00 - 11:30 Flow n' Glow Yoga Stefan (moderate)
10:00 - 11:00 Spin  Melissa*		10:00 - 11:00 Spin  Johannes			12:00 - 1:00 Step FX (H.I.) Tom Sharp *classes on 12/9 & 12/30*	10:00 - 11:00 Spin  Melissa/Charles
5:30 - 6:30 Boot Camp (H.I.) Charles	5:30 - 6:45 Yoga* (gentle) Marie / Kate	5:30 - 6:30 Pilates Marie	5:30 - 6:45 Flow n' Glow Yoga Stefan (moderate/vigorous)	5:30 - 6:30 Pilates Melissa		
	5:30 - 6:30 Spin  Charles		5:30 - 6:30 Spin  Melissa		* New class or instructor	H.I. (high intensity class)

Hours of Operation

Monday-Friday

6am to 8pm

Sat. & Sun

7am to 8pm

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