



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
*Spin H 55min <i>Jodi</i>	6:30 <i>SP</i>	Pump 45mins <i>Gui</i>	6:30 <i>M</i>	*Spin 55min <i>Deborah</i>	6:30 <i>SP</i>	Pump 45min <i>Gui</i>	6:30 <i>M</i>	*Spin H 55min <i>John N.</i>	6:30 <i>SP</i>	Power Pump 45min <i>George Laserna</i>	9:00 <i>SP</i>
Pilates 45mins <i>Gretchen</i>	7:00 <i>MB</i>	Sunrise Vinyasa 60 <i>Dia</i>	7:00 <i>MB</i>			Sunrise Vinyasa 60 <i>Dia</i>	7:00 <i>MB</i>	Pilates 45min <i>Nicole</i>	7:00 <i>MB</i>	*Spin H <i>John N</i>	10:00 <i>M</i>
		Step 55min <i>Vanita Iyer</i>	10:00 <i>M</i>	Kick It <i>Cheetah</i>	7:00 <i>M</i>	Hi Low Aerobics 55 <i>Vanita Iyer</i>	10:00 <i>Natalie</i>	Intermediate Yoga <i>Natalie</i>	9:30	Kick It <i>Cheetah Wilson</i>	10:00 <i>M</i>
Abs Back & Butt <i>Dan Hogan</i>	12:00 <i>M</i>	Pump 45mins <i>Vanita Iyer</i>	11:00 <i>M</i>	Yoga 45min <i>Tim B.</i>	9:30 <i>MB</i>	Pump 45min <i>Avery Washington</i>	11:00 <i>M</i>			Hatha Yoga 60min <i>Alexander</i>	10:00 <i>MB</i>
		Ab Attack 30mins <i>Vanita Iyer</i>	11:45 <i>M</i>	Spin H 45mins <i>Amy Amato</i>	12:00 <i>SP</i>	Lunch Hour Yoga <i>Dia</i>	12:00 <i>MB</i>			Abs & Stretch 45min <i>Cheetah Wilson</i>	10:45 <i>M</i>
Pilates 45min <i>Christina Johnson</i>	12:15 <i>MB</i>	Rebounding 45mins <i>Christina</i>	12:15 <i>M</i>								
		Lunch Hour Yoga <i>Dia</i>	12:00 <i>MB</i>					Lunch Hour Yoga <i>Jessica B</i>	12:00 <i>MB</i>	Jivamukti Yoga 75 <i>Gilli</i>	6:00 <i>MB</i>
		Rebounding 45mins <i>Barbara</i>	6:00 <i>M</i>	Yoga School <i>Natalie</i>	6:00 <i>MB</i>	Pump 45min <i>Miguel Morales</i>	6:00			<b>Sunday</b>	
Pump 45min <i>Che Florio</i>	6:00 <i>M</i>	Pilates 55mins <i>Stephanie Meade</i>	6:00 <i>MB</i>	Abs, Back & Butt 45 <i>Blake</i>	6:00 <i>M</i>	Sunset Vinyasas <i>Paul M</i>	6:30 <i>M</i>	Abs, Back & Butt 45 <i>Cheetah Wilson</i>	6:00 <i>M</i>		
*Retro Spin 55min <i>Ashley</i>	7:00 <i>SP</i>	*Spin H 45mins <i>Amy</i>	6:15 <i>SP</i>	*Rebounding 45min <i>Blake</i>	7:00 <i>M</i>	*Spin 45min <i>Amy Amato</i>	6:15 <i>SP</i>	Sunset Yoga <i>Stephanie M.</i>	6:30 <i>MB</i>	Pump 45min <i>Miguel</i>	10:00 <i>M</i>
Ab Attack 30min <i>Neil</i>	6:45 <i>M</i>	Power Pump 45min <i>Amy</i>	7:00 <i>M</i>	Intermediate Yoga <i>Theresa</i>	7:00 <i>MB</i>	Kick It <i>Cheetah</i>	7:00 <i>M</i>	Jump 45min <i>Cheetah Wilson</i>	6:45 <i>M</i>	Vinyasa Yoga 75 <i>Paul M.</i>	10:00 <i>M</i>
Yoga School 60min <i>Stephanie M.</i>	7:30 <i>MB</i>	Intermediate Yoga <i>Johan Montijano</i>	7:30 <i>M</i>	Pump 45min <i>Blake 45min</i>	7:45 <i>M</i>	Pilates <i>Stepahine Meade</i>	7:30 <i>M</i>				
Pilates <i>Jeanette</i>	7:15 <i>M</i>	Hip Hop 45mins <i>Andi</i>	7:45 <i>M</i>			Ab Attack 30min <i>Cheetah</i>	8:00 <i>MB</i>			*Rebounding 45min <i>Tammy Childers</i>	5:00 <i>M</i>
										Vinyasa Yoga 75min <i>Paul Keoni</i>	6:30 <i>MB</i>

\* Advanced sign-up required.  
Classes subject to change without notice.