

Group Fitness / Cycle	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00	Cycle - Morgan	JG X Train - Jeremy	Cycle - Morgan	JG X Train - Jeremy			
5:30							
6:00	JG X-Train - Vanessa	JG X-Train - Chase	Cardio & Core - Chase	JG X-Train - Chase	Cardio & Core - Chase	Cardio Circuit - Jeremy	
7:00					Cycle - Sarah S		
7:30							
8:00	Strength - John	Cardio & Core - Chase	Strength - Chase	Cardio & Core - Chase	Strength - Chase	Strength - Chase	Cardio & Core - Chase
8:30							
9:00	EXP Cycle - Sarah B		EXP Cycle - Sarah B		EXP Cycle - Sarah B	Cycle - Sarah S	JG X-Train - Chase
9:30	EXP Tramp - Sarah B	JG X-Train - Jamie	EXP Tramp - Sarah B	JG X-Train - Sarah B	EXP Tramp - Sarah B		
10:00	TRX+ - Sarah B		TRX+ - Sarah B		TRX+ - Sarah B	TRX - Chase	TRX - Chase
10:30							
11:00	LIFT - Karla	EXP Tramp - Sarah B	LIFT - Sarah B	EXP Tramp - Sarah B	LIFT - Karla		
11:30							
12:00		EXP TRX - Sarah B		EXP TRX - Sarah B			
4:00	EXP Strength - Jeremy	EXP TRX - Jessi	EXP Strength - Jeremy	EXP TRX - Jessi			
4:30	EXP Cycle - Jeremy	EXP Cycle - Jessi	EXP Cycle - Jeremy	EXP Cycle - Jessi			
5:00	JG X-Train - Jeremy	EXP Stretch - Jessi	JG X train - Vanessa	EXP Stretch - Jessi	Strength - Vanessa		
5:30		Strength - Jessi		Strength - Vanessa			
6:00		JG X Train / Sarah S	Cardio Circuit - Vanessa	JG X-Train Vanessa			
6:30							
	<b>Barre Loft</b>						

	9am Barre - Danielle		9am Barre - Claudia		8am Barre - Sarah S	8am Barre - Sarah S	
<b>Reformer</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>6:00</b>	Reformer+ - Danielle	Reformer+ - Claudia	Jumpboard+ - Claudia	Reformer AC - Claudia	Reformer+ - Sarah S		
<b>6:30</b>		Reformer AC - Claudia		Reformer + Danielle	Reformer AC - Danielle	Reformer+ - Sarah S	
<b>7:00</b>		Reformer+ - Jamie	Reformer+ - Danielle		Reformer+ - Alli	Reformer+ - Danielle	Reformer+ - Alli
<b>7:30</b>		Reformer+ - Heather	Reformer+ - Heather	Reformer AC - Jamie	Reformer+ - Danielle	ADV Reformer - Danielle	Reformer AC - Alli
<b>8:00</b>	Reformer AC - Danielle	Reformer Pure - Susan	Reformer AC - Danielle	Reformer Pure - Susan		Reformer Pure - Alli	Reformer+ - Angela
<b>8:30</b>						Reformer Orientation - Alli	
<b>9:00</b>	Reformer+ - Heather						
<b>9:30</b>							
<b>10:00</b>	Reformer+ - Danielle						
<b>10:30</b>							
<b>11:00</b>							
<b>11:30</b>							
<b>12:00</b>	Reformer Pure - Susan	Jumpboard+ - Jamie	Reformer+ - Susan	Jumpboard+ - Claudia	Reformer+ - Susan		
<b>12:30</b>							
<b>5:00</b>		Reformer AC - Danielle	Reformer AC - Danielle	Jumpboard+ - Jessi	Reformer+ - Jeremy		
<b>5:30</b>		Reformer Pure - Angela	Reformer+ - Debbi	Reformer+ - Angela			
<b>6:00</b>	ADV Reformer - Danielle	Reformer+ - Sarah S	ADV Reformer - Danielle	Pilates Circuit - Angela			
<b>6:30</b>							
<b>7:00</b>	Reformer+ - Alli						
<b>7:30</b>							