

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Spin Jared/Gary	SPIN Jared/Gary
9:30 AM							
10:00 AM							
5:00 PM	HIIT Larry	Weights Christanna	Circuit Training Larry				
6:00 PM	SPIN Gary Yoga(6:30) Linda	Zumba Bev SPIN Jared		Zumba Christanna			
7:00 PM		Yoga(7:15) Bev	SPIN Gary	Weights Christanna SPIN Jared			