

DAY	CLASS	INSTRUCTORS	TIME
MONDAY	CrossFit	Marlene West	6:00-7:00AM
	CrossFit	Louane Silva	5:45-6:45PM
	Ride	Tony Watts	5:45-6:45PM
	Step	Tracey Hargrave	5:45-6:45PM
	Hiltnes	Megan Leitch	12:00-12:45PM
TUESDAY	CrossFit	Louane Silva	6:00-7:00AM
	Body Pump	Marion Pandohie	5:45-6:45PM
	Grup Ride	Wendy Yeomans	5:45-6:45PM
WEDNES.	CrossFit	Marlene West	6:00-7:00AM
	Body Pump	Jennifer Aheam	6:15-7:00AM
	Ride	Tony Watts	5:45-6:45PM
	Step	Tracey Heagrave	5:45-6:30PM
	Restore	Tracey Heagrave	6:30-7:30PM
THURSDAY	CrossFit	Louane Silva	6:00-7:00AM
	CrossFit	Louane Silva	5:45-6:45PM
	Body Pump	Tony Watts	5:45-6:45PM
FRIDAY	CrossFit	Marlene West	6:00-7:00AM
SATURDAY	CrossFit	Marlene West	7:30-8:30AM
	Ride	Wendy Yeomans	10:00-11:00AM
	Body Pump	Tracey Hargrave	10:00-11:00AM
SUNDAY	Body Pump	Glenda Cassini	9:00-10:00AM
	Ride	Tony Watts	10:00-11:00AM