

MONDAY		
6:00am	Cycle Power45	Justin
6:00am	Adult Performance	Lauren/CJ
7:30am	Adult Performance	Lauren/CJ
8:30am	Barre Burn	Pam
8:30am	Adult Performance	Lauren/CJ
9:15am	Cycle Beats45	Jill
9:30am	Adult Performance	Lauren/CJ
9:30am	Optimum Burn	Pam
10:30am	Hot Power Yoga	Alissa
11:30am	Incline Trainer Bootcamp Express	CJ/Marcus
4:30pm	Adult Performance	Marcus
4:30pm	Burn N Flow	Stephanie
5:00pm	Cycle PowerBeats45	Jen B
5:30pm	Adult Performance	Marcus
5:30pm	Heated Yogalates	Marymar
6:15pm	Cycle PowerBeats45	Jen F
6:30pm	Beginner yoga & meditation	Jen B

TUESDAY		
5:15am	Classic Cycle Ride	Heather
6:00am	Hot Power Yoga	Amy
6:00am	Adult Performance	CJ/Marcus
7:30am	Adult Performance	CJ/Marcus
8:30am	GROOVE N TONE	Pam
8:30am	Adult Performance	CJ/Marcus
8:30am	CycleBeats45	Ashley
9:30am	Booty N Core	Pam
9:30am	Adult Performance	CJ/Marcus
11:30am	Incline Trainer Bootcamp Express	CJ/Marcus
12:15pm	Cycle Express30	Marymar
4:30pm	Adult Performance	Lauren
4:45pm	Tabata N Core	Jerra
5:30pm	Cycle PowerBeats45	Jen B
5:30pm	Adult Performance	Lauren
5:45pm	Heated Barre	Jerra
7:00pm	Slow Flow Yoga	Alissa

WEDNESDAY		
5:15am	Cycle Beats45	Ashley
6:00am	Adult Performance	Lauren/Marcus
6:15am	Hot Power Yoga	Amy
7:30am	Adult Performance	Lauren/Marcus
8:15am	Hot Power Barre	Ali
8:30am	Cycle Beats45	Pam
8:30am	Adult Performance	Lauren/Marcus
9:30am	Pilates N Tone	Pam
9:30am	Adult Performance	Lauren/Marcus
10:30am	Piloxing	Jill
11:30am	Incline Trainer Bootcamp Express	CJ/Marcus
4:30pm	Adult Performance	Keith
4:30pm	Burn N Flow	Stephanie
5:00pm	Cycle Power45	Justin
5:30pm	Heated Yogalates	Marymar
5:30pm	Adult Performance	Keith
6:15pm	Cycle PowerBeats45	Jen F
6:20pm	Express Booty Lift	Marymar

THURSDAY		
5:15am	Burn N Tone	Marymar
5:15am	Classic Cycle Ride	Heather
6:00am	Adult Performance	Lauren
7:30am	Adult Performance	Lauren
8:30am	Adult Performance	Lauren
9:00am	Hot Power Yoga	Alissa
9:15am	Cycle Beats45	Jill
9:30am	Adult Performance	Lauren
10:15am	Optimum Burn	Jill
11:30am	Incline Trainer Bootcamp Express	Lauren/CJ
12:15pm	Cycle Express30	Marymar
4:30pm	Adult Performance	CJ
4:30pm	CycleBeats45	Ali
4:45pm	Tabata Barre	Jerra
5:30pm	Adult Performance	CJ
5:45pm	Ashtanga Yoga	Eliza
6:00pm	Cycle Beats45	Ashley
7:00pm	Optimum Burn	Ashley

FRIDAY		
5:15am	Cycle Power45	Marymar
5:30am	Hot Yoga Flow	Amy
6:00am	Adult Performance	CJ/Marcus
7:30am	Adult Performance	CJ/Marcus
8:15am	Heated Barre	Ali
8:30am	Adult Performance	CJ/Marcus
9:00 am	CycleBurn Fusion 30min cycle/30min weights	Pam
9:30am	Adult Performance	CJ/Marcus
10:30am	Burn N Flow	Stephanie
11:30am	Incline Trainer Bootcamp Express	CJ/Marcus
12:15pm	Cycle Throwback Beats45	Brandon/Kendrick
4:30pm	Adult Performance	Jen F
6:00pm	Beginner Yoga & Meditation	Jen B

SATURDAY		
8:00am	Outdoors Optimum Burn	Kelli
9:00am	Adult Performance	Rotates
9:00am	Burn N Tone	Marymar
9:15am	Cycle PowerBeats45	Jen F
10:00am	Heated Yogalates	Marymar

SUNDAY		
11:30am	Ashtanga Yoga	Eliza



SCAN TO BOOK



Additional fees apply for premier classes. Premier classes are highlighted in blue.

SCHEDULE SUBJECT TO CHANGE