

Monday					
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30					
6:30 - 7:00	Vinyasa Yoga 8				
7:00 - 7:30	(6:30 - 7:30) Caitlin				
7:30 - 8:00					Conditioning for Life (7:30 - 8:15) Dan
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30	Vinyasa Yoga 1				
9:30 - 10:00	(9:15 - 10:15) Rachel	All Around Fitness (9:45-10:45) Mimi	Core Essentials Sarah	Bike & Tone 1 (9:30 - 10:45) Gianna	
10:00 - 10:30			Exercise for New Moms (10:00 - 11:00) Sarah		
10:30 - 11:00	Gentle Yoga 1 (10:45 - 11:45)				
11:00 - 11:30	Toni	Exercise Lite Mimi	Childwatch		
11:30 - 12:00					Child Care
12:00 - 12:30		Cardio Pilates 1 (12:15- 1:15) Wendy	Punk Rope 1 (12:15 - 1:00) Jen		
12:30 - 1:00					
1:00 - 1:30			Livestrong Grad Class		
1:30 - 2:00		LIVESTRONG at the YMCA (1:15 - 3:00)			
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00		Ballet 2 Pre-Ballet I (3:30 - 4:15)			
4:00 - 4:30					
4:30 - 5:00	Kids Yoga (4:30-5:30)	Ballet 1 Pre- Ballet I (4:30 - 5:15)	Theater 1 Fun w/ Theater	Teen Cycling (4:30-5:30) Margaret	Aikido 1 Beginning
5:00 - 5:30	Adele				
5:30 - 6:00		Cardio Karate 1 Morris	Theater 2 Theater Performance	Studio Cycling 1 (5:45 - 6:45) Michelle B.	Judo 1 Beginning
6:00 - 6:30	Yoga 1 Level 1 (5:45 - 7:15)				
6:30 - 7:00	Linda	Intermediate Pilates 1 Wendy	Karate 1 All Levels		Judo 3 Int/Adv
7:00 - 7:30					
7:30 - 8:00	Yoga for Runners 1 (7:30 - 8:15) Linda		Karate 3 7:30 - 8:30pm		Jujutsu 1 Beginner
8:00 - 8:30		Dance 11 Beledi I & II (7:35 - 8:35)	Karate 4 7:30 - 9:00pm		
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					