

	Tuesday				
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30				Studio Cycling Advanced 1 (6:00 - 7:30)	
6:30 - 7:00		Step Survival 1 Vanessa/Ko		Dave	
7:00 - 7:30			LIVESTRONG at the YMCA (7:15 - 8:15)		
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30		Intermediate Pilates Sculpt Wendy		Bike & Tone 2 (9:15 - 10:30)	
9:30 - 10:00			Dance 14 Play Group (9:30 - 10:15)	Alice	
10:00 - 10:30					
10:30 - 11:00					Child Care
11:00 - 11:30		NIA 4 Gentle NIA (11:00 - 11:45)			
11:30 - 12:00					
12:00 - 12:30		Power Lunch 1 (12:15-1:00) Marie			
12:30 - 1:00					
1:00 - 1:30		LIVESTRONG at the YMCA (1:15 - 3:00)	Zumba Gold (1:15 - 2:00) Karen		
1:30 - 2:00					
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30			Dance 1 Creative Dance (4:30-5:10)		
4:30 - 5:00		Ballet 5 Ballet Fit (4:30- 5:25)		M Power	TKD - 1st Kicks (5:00 - 5:30)
5:00 - 5:30			Tai Chi 1 (5:15 - 6:00)		
5:30 - 6:00		Body Core 1 Jessica			TKD - 2nd Steps (5:45 - 6:30)
6:00 - 6:30	Vinyasa Yoga 2 (6:15-7:15)		Tai Chi 2 (6:00 - 6:50)		
6:30 - 7:00	Anya	Zumba 1 Jane		Great Arms Michelle B.	
7:00 - 7:30			NIA 3	Studio Cycling 2 (7:00 - 8:00) Michelle B.	TKD - Beginning (6:45 - 7:45)
7:30 - 8:00	Yoga 2 Level 1 (7:30 - 9:00)	Dance 12 Beledi III & IV (7:30-9:15)			
8:00 - 8:30	Susan				
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					