

	Monday - Spring 2 Schedule						Tuesday - Spring 2 Schedule						Wednesday - Spring 2 Schedule				
	Studio A	Studio B	Studio C	Studio D	Studio E		Studio A	Studio B	Studio C	Studio D	Studio E		Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30				Studio Cycling 1 (6:00-7:00) Sheila		6:00 - 6:30		Step Survival 1 (6:15-7:15) Vanessa/Ko		Studio Cycling 13 (6:00-7:00) Michael		6:00 - 6:30				Studio Cycling 8 (6:00-7:00) Nina	
6:30 - 7:00						6:30 - 7:00	Total Body HIIT (6:30-7:30) Mahya					6:30 - 7:00					
7:00 - 7:30						7:00 - 7:30						7:00 - 7:30					
7:30 - 8:00		Conditioning for Life (7:30-8:15) Dan				7:30 - 8:00						7:30 - 8:00		Conditioning for Life (7:30-8:15) Dan			
8:00 - 8:30	TRX 1 (8:15-9:00) Gwyn		Women on Weights (8:00-9:00) Julie			8:00 - 8:30	Vinyasa Yoga 9 (8:00-9:00) Mai					8:00 - 8:30	TRX 4 (8:15-9:00) Gwyn		Women on Weights (8:00-9:00) Julie		
8:30 - 9:00						8:30 - 9:00						8:30 - 9:00					
9:00 - 9:30	Vinyasa Yoga 1 (9:15-10:15) Rachel	Core Essentials (9:00-9:30)	Women on Weights (8:00-9:00) Julie			9:00 - 9:30	Tai Chi (9:00-9:50) Daryl M.	Intermediate Pilates (9:15-10:15) Lauren	Dance 14 Play Group/CM (9:15-10:00)	Studio Cycling 4 (9:15-10:15) Ann		9:00 - 9:30	Yogailates (9:00-9:45) Gwyn		NIA 2 (9:15-10:15) Megan	Group Strength 1 (9:30-10:30) Michel	
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi	Mindful Movements Pilates (9:15-10:15) Gwyn	Group Strength 1 (9:30-10:30) Michel		9:30 - 10:00						9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi		Zumba + Toning (10:15-11:15) Carol	
10:00 - 10:30			Postnatal Pilates (10:15-11:00) Gwyn		CHILD WATCH	10:00 - 10:30					CHILD WATCH	10:00 - 10:30	Iyengar Yoga Level 1-2 (10:00-11:30) Pam				
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni					10:30 - 11:00	Gyrokinesis (10:30-11:30) Lauren					10:30 - 11:00		Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Ken	Flex & Firm (11:00-12:00) Megan	CHILD CARE
11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Darryl		CHILD CARE	11:00 - 11:30		Zumba 5 (11:00-12:00) Taylor		Nia 4 Gentle Nia (11:00-11:45)		11:00 - 11:30					
11:30 - 12:00						11:30 - 12:00					Nurturing Baby and You (11:30-12:30)		11:30 - 12:00				
12:00 - 12:30	Outdoor Conditioning (12:00-1:00) Julie	Boot Camp (12:15-1:00) Li	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30	TRX 2 (12:00-12:45) Gretchen	Power Lunch 1 (12:15-1:00) Gail				12:00 - 12:30		Complete Conditioning (12:15-1:00) Amy	Moving For Better Balance (12:15-1:00) Ken	Outdoor Conditioning (12:00-1:00) Julie	
12:30 - 1:00						12:30 - 1:00				LIVESTRONG GRADUATES (12:30-1:30)		12:30 - 1:00					
1:00 - 1:30	Hatha Yoga (1:00-2:00) Carter					1:00 - 1:30	Hatha Yoga 2 (1:00-2:00) Carter		Zumba Gold (1:15-2:00) Karen			1:00 - 1:30	Vinyasa Yoga 3 (1:00-2:00) Carter				
1:30 - 2:00		LIVESTRONG (1:00-3:00)				1:30 - 2:00		LIVESTRONG (1:00-3:00)				1:30 - 2:00		LIVESTRONG (1:00-3:00)		Pedaling for Parkinson's (1:30-3:00)	
2:00 - 2:30						2:00 - 2:30						2:00 - 2:30	Yin Yoga (2:15-3:15) Dominique				
2:30 - 3:00						2:30 - 3:00						2:30 - 3:00					
3:00 - 3:30						3:00 - 3:30						3:00 - 3:30					
3:30 - 4:00						3:30 - 4:00						3:30 - 4:00					
4:00 - 4:30	Teen Vinyasa Yoga (4:00-5:00) Dominique					4:00 - 4:30						4:00 - 4:30				Teen Strength & Conditioning (4:15-5:00) Gianna	
4:30 - 5:00		Ballet 1 Pre- Ballet I (4:30-5:15)				4:30 - 5:00		Dance 1 Creative Dance (4:30-5:15)				4:30 - 5:00			Youth Beg. Tap ages 5-7 (4:30-5:15)	Spanish in Motion (4:20-5:20)	
5:00 - 5:30						5:00 - 5:30	HIITTRX (5:15-6:00) Chad			Tai Chi 1 (5:15-6:00) Daryl M.	Kettlebells Level 1 (5:15-6:00) Gretchen	5:00 - 5:30			Studio Cycling 15 (5:15-6:15) Anne		
5:30 - 6:00	Beginner Yoga 1 (5:30-6:30) Amy U.	Cardio Karate 1 (5:30-6:30) Morris	Fun With Theater (5:30-6:25)	Studio Cycling 2 (5:30-6:30) Gianna	Judo 1 Beginning	5:30 - 6:00		Body Core 1 (5:30-6:30) Lena				5:30 - 6:00	Core Shred (5:30-6:30) Li	Interval Strength (5:30-6:25) Nina	Youth Beg. Tap ages 8-13 (5:30-6:15)	POUND! 2 (5:30-6:15) Taylor	
6:00 - 6:30						6:00 - 6:30						6:00 - 6:30					
6:30 - 7:00		Zumba 1 (6:30-7:30) Carol	Karate 1 All Levels (6:30-7:30)		Judo 3 Int/Adv (6:30-7:30)	6:30 - 7:00	Vinyasa Yoga 3 (6:15-7:15) Carter	Zumba 3 Kyande (6:30-7:30)				6:30 - 7:00	Vinyasa Yoga 10 (6:30-7:30) Carter	Cardio Karate 2 (6:30-7:30) Morris	Karate 1 All Levels (6:30-7:30)	Studio Cycling 7 (6:30-7:30) Ryan	
7:00 - 7:30	Iyengar Yoga 4 Level 1 (6:45-8:15) Susan					7:00 - 7:30						7:00 - 7:30					
7:30 - 8:00		Karate 3 (7:30-8:30)	Salsa Dance (7:30-8:30) Kyande	Bike/Tone 2 (7:00-8:15) Judy		7:30 - 8:00						7:30 - 8:00		Karate 3 (7:30-8:30)	Adult Cont. Tap (7:35-8:35)		
8:00 - 8:30		Karate 4 (7:30-9:00)			Jujutsu 1 Beginner (7:30-9:30)	8:00 - 8:30	Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter	Dance 12 Belly Dance II/III (7:30-9:15)				8:00 - 8:30	Crossfire (7:45-8:45) Mike	Karate 4 (7:30-9:00)		Judo 5, Club (7:30-9:00)	
8:30 - 9:00						8:30 - 9:00						8:30 - 9:00					
9:00 - 9:30						9:00 - 9:30						9:00 - 9:30					
9:30 - 10:00						9:30 - 10:00						9:30 - 10:00					
	Class offerings are subject to minimum enrollment						Free Classes are Highlighted in Yellow						Session Dates : April 24th - June 11th				

	Thursday - Spring 2 Schedule						Friday - Spring 2 Schedule						Saturday - Spring 2 Schedule				
	Studio A	Studio B	Studio C	Studio D	Studio E		Studio A	Studio B	Studio C	Studio D	Studio E		Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30				Studio Cycling 8 (6:00-7:00) Pauline		6:00 - 6:30		Step Survival 2 (6:15-7:15) Vanessa/Ko				6:00 - 6:30					
6:30 - 7:00	Mindful Vinyasa Yoga 2 (6:15-7:15) Amy U.					6:30 - 7:00						6:30 - 7:00					
7:00 - 7:30						7:00 - 7:30				Kettlebells Level 1 (7:15-8:00) Gretchen		7:00 - 7:30					
7:30 - 8:00						7:30 - 8:00		Conditioning for Life (7:30-8:15) Dan				7:30 - 8:00					
8:00 - 8:30		Vinyasa Yoga 6 (8:00-9:00) Mai				8:00 - 8:30	TRX 3 (8:15-9:00) Gwyn					8:00 - 8:30			Karate Sparring Club (8:00-9:00)	Studio Cycling 11 (8:00-9:00) Nina	
8:30 - 9:00	Guided Iyengar Practice (8:30-10:30) Liz					8:30 - 9:00		Total Body HIIT 2 (8:30-9:30) Gretchen				8:30 - 9:00				Aikido 2 Beginning (8:45-9:30)	
9:00 - 9:30		Beginning Pilates 5 (9:15-10:15) Lauren	Core Essentials (9:00-9:30)			9:00 - 9:30	Vinyasa Yoga 4 (9:15-10:15) Amy U.					9:00 - 9:30	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)		Body Core 2 (9:15-10:15) Lena	
9:30 - 10:00				Bike & Tone (9:15-10:30) Judy		9:30 - 10:00		All Around Fitness (9:45-10:45) Sara	Zumba Toning 2 (9:30-10:30) Carol			9:30 - 10:00			Karate 2 All Levels Karate Club (9:30-11:00)		Aikido 3 Intermediate (9:30-10:30)
10:00 - 10:30					CHILD WATCH	10:00 - 10:30					CHILD WATCH	10:00 - 10:30		Ballet 9 Floor Barre (9:50-10:50)			
10:30 - 11:00		Kickboxing HIIT (10:30-11:30) Gretchen				10:30 - 11:00	Iyengar Yoga 3 Level 1-2 (10:30-12:00) Liz				CHILD CARE	10:30 - 11:00				Judo 2 Beginning (10:30-11:30)	
11:00 - 11:30	Chair Yoga (11:00-11:45) Amy U.					11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi	Core Barre Pilates (11:15-12:00) Gwyn			11:00 - 11:30	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda	Adult Ballet Level II (11:00-12:15)			
11:30 - 12:00						11:30 - 12:00						11:30 - 12:00				Judo 4 Int/Adv (11:30-1:00)	
12:00 - 12:30	Iyengar Yoga 1 Level 1 (12:00-1:30) Pam	Boot Camp (12:15-1:00) Li				12:00 - 12:30	TRX 5 (12:15-1:00) Gwyn	Power Lunch 2 (12:15-1:00) Gail	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30					
12:30 - 1:00				LIVESTRONG GRADUATES (12:30-1:30)		12:30 - 1:00			Intro to Moving For Better Balance (1:00-1:45) Doreen			12:30 - 1:00	Teen Vinyasa Yoga 2 (12:45-1:45) Dominique	Adult Beginning Ballet (12:30-1:30)			
1:00 - 1:30						1:00 - 1:30						1:00 - 1:30				Aikido 4 All Levels (1:00-2:30)	
1:30 - 2:00		LIVESTRONG (1:00-3:00)				1:30 - 2:00						1:30 - 2:00					
2:00 - 2:30						2:00 - 2:30						2:00 - 2:30					
2:30 - 3:00						2:30 - 3:00						2:30 - 3:00					
3:00 - 3:30						3:00 - 3:30						3:00 - 3:30					
3:30 - 4:00						3:30 - 4:00						3:30 - 4:00			Fencing 1 Beginning ages 9-12		
4:00 - 4:30						4:00 - 4:30						4:00 - 4:30			Fencing 2 Beginning 12 +		
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)			Intro to Martial Arts - First Kicks (4:45-5:15)	4:30 - 5:00		NIA 1 (4:30-5:30) Megan	Dance 3 Hip Hop Jazz (4:30-5:25)			4:30 - 5:00					
5:00 - 5:30	Vinyasa Yoga for Runners (5:15-6:00) Robin					5:00 - 5:30	TRX 7 (5:15-6:00) Chad					5:00 - 5:30			Fencing 3 Intermediate 12 +		
5:30 - 6:00		Zumba 5 Taylor (5:30-6:30)	Youth Ballet/Jazz Combo (5:30-6:25)	Studio Cycling 9 (5:30-6:30) Liz	Intro to Martial Arts - Forms (5:30-6:15)	5:30 - 6:00		Cardio Karate 3 (5:30-6:30) Morris			Interval Flex (5:30-6:30) Li	5:30 - 6:00					
6:00 - 6:30						6:00 - 6:30						6:00 - 6:30					
6:30 - 7:00	Mindful Vinyasa Yoga (6:15-7:15) Amy U.		Dance 11 Beledi (Belly Dance) I (6:30-7:30)	Cycle Circuits (6:45-7:45) Liz		6:30 - 7:00	Aqua Comp. Synchro (6:00-7:15)		Jujutsu 2 All Levels (6:00-8:00)		Aqua Non-Comp. Synchro (6:30-7:30)	6:30 - 7:00		Fencing 7 Practice Club			
7:00 - 7:30		Fencing 5 All Levels				7:00 - 7:30		Karate 5 Advanced (6:30-8:00)				7:00 - 7:30					
7:30 - 8:00	Restorative Yoga (7:30-8:30) Amy U.		WERQ Dance Fitness (7:30-8:30) Dana		Aikido 5 All Levels (7:30-8:30)	7:30 - 8:00						7:30 - 8:00					
8:00 - 8:30		Fencing 4 Studio Fencing				8:00 - 8:30						8:00 - 8:30					
8:30 - 9:00						8:30 - 9:00						8:30 - 9:00					
9:00 - 9:30		Fencing 6 Practice/ Competition				9:00 - 9:30						9:00 - 9:30					
9:30 - 10:00						9:30 - 10:00						9:30 - 10:00					
	Class offerings are subject to minimum enrollment						Free Classes are Highlighted in Yellow						Session Dates : April 24th - June 11th				

	Sunday - Spring 2 Schedule						Non Studio Classes						
	Studio A	Studio B	Studio C	Studio D	Studio E		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 - 6:30						6:00 - 6:30							
6:30 - 7:00						6:30 - 7:00							
7:00 - 7:30						7:00 - 7:30							
7:30 - 8:00						7:30 - 8:00							
8:00 - 8:30						8:00 - 8:30							
8:30 - 9:00						8:30 - 9:00							
9:00 - 9:30						9:00 - 9:30							
9:30 - 10:00	Intermediate Vinyasa Yoga 2 (9:30-10:45) Amy M.					9:30 - 10:00		Spanish Zone Teen Center (9:30-11:30)		Spanish Zone Teen Center (9:30-11:30)		Explore Art Teen Center (9:30-10:30)	
10:00 - 10:30				Studio Cycling 16 (10:00-11:00) Nina	Jujutsu Open Mat Training (10:00-12:00) Dana	10:00 - 10:30							
10:30 - 11:00						10:30 - 11:00							
11:00 - 11:30	Beginner Vinyasa Yoga (11:00-12:00) Amy M.	WERQ Dance Fitness (11:00-12:00) Dana				11:00 - 11:30							
11:30 - 12:00					11:30 - 12:00								
12:00 - 12:30					12:00 - 12:30								
12:30 - 1:00					12:30 - 1:00								
1:00 - 1:30	Feldenkrais Workshops (1:00-2:30)				Judo 6 Open Mat (1:00-3:00)	1:00 - 1:30							
1:30 - 2:00						1:30 - 2:00							
2:00 - 2:30						2:00 - 2:30							
2:30 - 3:00		Adult Tap (beg.) (3:00-4:00)				2:30 - 3:00							
3:00 - 3:30						3:00 - 3:30							
3:30 - 4:00						3:30 - 4:00							
4:00 - 4:30		Swing Dance (beg./cont.) (4:15-5:15)	Stretch & Tone (4:00-5:00) Amy K.			4:00 - 4:30							
4:30 - 5:00						4:30 - 5:00	Spanish in Motion Michigan Rm. (4:30-5:30)		Spanish in Motion Michigan Rm. (4:30-5:30)				
5:00 - 5:30						5:00 - 5:30							
5:30 - 6:00		Swing Dance (intermed.) (5:15-6:15)				5:30 - 6:00							
6:00 - 6:30						6:00 - 6:30							
6:30 - 7:00						6:30 - 7:00			Adult Guitar Teen Center (6:30-7:30)				
7:00 - 7:30						7:00 - 7:30	Introduction to Meditation Michigan Room (7:00-8:30)						
7:30 - 8:00						7:30 - 8:00							
8:00 - 8:30						8:00 - 8:30							
8:30 - 9:00						8:30 - 9:00							
9:00 - 9:30						9:00 - 9:30							
9:30 - 10:00						9:30 - 10:00							
	<b>Class offerings are subject to minimum enrollment</b>						<b>Session Dates : April 24th - June 11th</b>						