

	Monday - Summer Schedule						Tuesday - Summer Schedule						Wednesday - Summer 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				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	TRX 2 (7:15-8:00) Gretchen						
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			Youth Day Camp		Youth Day Camp	8:30 - 9:00						8:30 - 9:00	NIA 2 (8:30-9:30) Megan						
9:00 - 9:30	Vinyasa Yoga 1 (9:15-10:15) Rachel						9:00 - 9:30	Tai Chi (9:00-9:50) Daryl M.	Intermediate Pilates (9:15-10:15) Lauren		Studio Cycling 4 (9:15-10:15) Liz			9:00 - 9:30	Yogailates (9:00-9:45) Gwyn			Group Strength 1 (9:30-10:30) Michel	
9:30 - 10:00		All Around Fitness (9:45-10:45) Laurie					9:30 - 10:00							9:30 - 10:00		All Around Fitness (9:45-10:45) Laurie			
10:00 - 10:30							10:00 - 10:30							10:00 - 10:30	Iyengar Yoga Level 1-2 (10:00-11:30) Pam			Flex & Firm (10:30-11:30) Megan	
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					
11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi					11:00 - 11:30		Zumba 5 (11:00-12:00) Taylor			Nia 4 Gentle Nia (11:00-11:45)		11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi			
11:30 - 12:00							11:30 - 12:00							11:30 - 12:00					
12:00 - 12:30	Outdoor Conditioning (12:00-1:00) Julie	Drop-In, Work-Out (12:15-1:00) Staff				Moving For Better Balance (12:15-1:00) Ken		12:00 - 12:30		Drop-In, Work-Out (12:15-1:00) Staff				12:00 - 12:30		Drop-In, Work-Out (12:15-1:00) Staff		Moving For Better Balance (12:15-1:00) Ken	
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					1:00 - 1:30	Vinyasa Yoga 3 (1:00-2:00) Carter				
1:30 - 2:00						1:30 - 2:00						1:30 - 2:00							
2:00 - 2:30				Pedaling for Parkinson's (1:30-3:00)		2:00 - 2:30						2:00 - 2:30	Yin Yoga (2:15-3:15) Dominique			Pedaling for Parkinson's (1:30-3:00)			
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		Dance 6 Creative Dance (3:30-4:15) ages 3-4				3:30 - 4:00							
4:00 - 4:30						4:00 - 4:30						4:00 - 4:30							
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) ages 4-6				4:30 - 5:00		Youth Beg. Tap ages 5-7 (4:30-5:15)					
5:00 - 5:30						5:00 - 5:30	HIITTRX (5:15-6:00) Chad			Kettlebells Level 1 (5:15-6:00) Gretchen	Tai Chi 1 (5:15-6:00) Daryl M.	5:00 - 5:30							
5:30 - 6:00	Beginner Yoga 1 (5:30-6:30) Amy U.	Cardio Karate 1 (5:30-6:30) Morris	Judo 1 Beginning	Studio Cycling 2 (5:30-6:30) Gianna		5:30 - 6:00		Body Core 1 (5:30-6:30) Lena				5:30 - 6:00		Interval Strength (5:30-6:25) Nina	POUND! 2 (5:30-6:15) Taylor				
6:00 - 6:30						6:00 - 6:30				Studio Cycling 7 (6:15-7:15) Janet	Tai Chi 2 (6:00-6:50) Daryl M.	6:00 - 6:30							
6:30 - 7:00		Zumba 1 (6:30-7:30) Carol	Judo 3 Int/Adv (6:30-7:30)		Karate 1 All Levels (6:30-7:30)	6:30 - 7:00	Vinyasa Yoga 3 (6:15-7:15) Carter	Adult Tap (Int.) (6:30-7:30)				6:30 - 7:00	Vinyasa Yoga 10 (6:30-7:30) Carter	Cardio Karate 2 (6:30-7:30) Morris		Studio Cycling 7 (6:30-7:30) Ryan	Karate 1 All Levels (6:30-7:30)		
7:00 - 7:30	Iyengar Yoga 4 Level 1 (6:45-8:15) Linda					7:00 - 7:30						7:00 - 7:30							
7:30 - 8:00		Karate 3 (7:30-8:30)			Bike/Tone 2 (7:00-8:15) Judy	7:30 - 8:00				WERQ Dance Fitness (7:30-8:30) Dana		7:30 - 8:00		Karate 3 (7:30-8:30)	Judo 5, Club (7:00-9:00)				
8:00 - 8:30			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)					
8:30 - 9:00		Karate 4 (7:30-9:00)				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							
	Free Classes		Free Classes / No Registration Necessary				Class offerings are subject to minimum enrollment						Free Classes		Free Classes / No Registration Necessary				

	Thursday - Summer Schedule						Friday - Summer Schedule						Saturday - Summer 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						6:00 - 6:30						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						7:00 - 7:30								
7:30 - 8:00						7:30 - 8:00						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				Studio Cycling 11 (8:00-9:00) Nina	Karate Sparring Club (8:00-9:00)			
8:30 - 9:00	Guided Iyengar Practice (8:30-10:30) Liz	Beginning Pilates 5 (9:15-10:15) Lauren	Youth Day Camp	Youth Day Camp	8:30 - 9:00							8:30 - 9:00								
9:00 - 9:30															9:00 - 9:30	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)			
9:30 - 10:00									9:30 - 10:00	Vinyasa Yoga 4 (9:15-10:15) Amy U.					9:30 - 10:00					
10:00 - 10:30									10:00 - 10:30						10:00 - 10:30					
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					10:30 - 11:00								
11:00 - 11:30	Chair Yoga (11:00-11:45) Amy U.					11:00 - 11:30						11:00 - 11:30								
11:30 - 12:00						11:30 - 12:00						11:30 - 12:00								
12:00 - 12:30	Iyengar Yoga 1 Level 1 (12:00-1:30) Linda	Drop-In, Work-Out (12:15-1:00) Staff				12:00 - 12:30	TRX 5 (12:15-1:00) Gwyn					12:00 - 12:30								
12:30 - 1:00						12:30 - 1:00						12:30 - 1:00								
1:00 - 1:30						1:00 - 1:30	Postnatal Pilates (1:15-2:00) Gwyn					1:00 - 1:30								
1:30 - 2:00						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								
4:00 - 4:30						4:00 - 4:30						4:00 - 4:30								
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)				4:30 - 5:00						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								
5:30 - 6:00		Zumba 5 Taylor (5:30-6:30)				5:30 - 6:00						5:30 - 6:00								
6:00 - 6:30	Mindful Vinyasa Yoga (6:15-7:15) Amy U.					6:00 - 6:30						6:00 - 6:30								
6:30 - 7:00						6:30 - 7:00	Aqua Comp. Synchro (6:00-7:15)					6:30 - 7:00								
7:00 - 7:30		Fencing 5 All Levels				7:00 - 7:30						7:00 - 7:30								
7:30 - 8:00	Restorative Yoga (7:30-8:30) Amy U.					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								
	Session Dates : June 26th - August 20th						Class offerings are subject to minimum enrollment						Free Classes		Free Classes / No Registration Necessary					

	Sunday - Summer 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						9:30 - 10:00							
10:00 - 10:30			Jujutsu Open Mat Training (10:00-12:00)	Studio Cycling 16 (10:00-11:00) Nina		10:00 - 10:30							
10:30 - 11:00							10:30 - 11:00						
11:00 - 11:30							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			Judo 6 Open Mat (1:00-3:00)			1:00 - 1:30							
1:30 - 2:00						1:30 - 2:00							
2:00 - 2:30		Adult Tap (Cont.) (1:45-2:45)				2:00 - 2:30							
2:30 - 3:00						2:30 - 3:00							
3:00 - 3:30		Adult Tap (beg.) (3:00-4:00)			3:00 - 3:30								
3:30 - 4:00					3:30 - 4:00								
4:00 - 4:30		Swing Dance (beg./cont.) (4:15-5:15)			4:00 - 4:30								
4:30 - 5:00					4:30 - 5:00								
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								
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					9:30 - 10:00								
	Session Dates : June 26th - August 20th						Updated: June 16, 2017						