

	Monday - Fall 1 Schedule						Tuesday - Fall 1 Schedule						Wednesday - Fall 1 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				StudioCycling 1 (6:00-7:00) Sheila		6:00 - 6:30		Step Survival 1 (6:15-7:15) Vanessa/Ko				6:00 - 6:30				StudioCycling 6 (6:00-7:00) Nina	
6:30 - 7:00		Barre 360 (6:30-7:30) Jan				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					8:00 - 8:30	Vinyasa Yoga 9 (8:00-9:00) Mai					8:00 - 8:30	TRX 4 (8:15-9:00) Gwyn				
8:30 - 9:00						8:30 - 9:00						8:30 - 9:00					
9:00 - 9:30		Core Essentials (9:00-9:30)	Mindful Movements Pilates (9:15-10:15) Gwyn			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) Ann		9:00 - 9:30	Yogalates (9:00-9:45) Gwyn		NIA 2 (9:15-10:15) Megan	GroupStrength 1 (9:30-10:30) Michael	
9:30 - 10:00	Vinyasa Yoga 1 (9:15-10:15) Rachel	All Around Fitness (9:45-10:45) Mimi		GroupStrength 1 (9:30-10:30) Michael		9:30 - 10:00						9:30 - 10:00					
10:00 - 10:30					CHILD WATCH	10:00 - 10:30					CHILD WATCH	10:00 - 10:30	Iyengar Yoga Level 1-2 (10:00-11:30) Linda	All Around Fitness (9:45-10:45) Mimi	Zumba 3 (10:15-11:15) Carol		
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni					10:30 - 11:00	Gyrokinesis (10:30-11:30) Lauren		Creative Movement 3-4 (10:30-11:15)			10:30 - 11:00					
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		Barre 360 2 (11:00-12:00) Jan		Nia 4 Gentle Nia (11:00-11:45)		11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Darryl	Flex & Firm (11:00-12:00) Megan	
11:30 - 12:00						11:30 - 12:00						11:30 - 12:00					
12:00 - 12:30		Drop-In Work- Out (12:15-1:00) Gail	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30		Drop-In Work- Out (12:15-1:00) Mike				12:00 - 12:30		Drop-In Work- Out (12:15-1:00) Amy	Moving For Better Balance (12:15-1:00) Ken		
12:30 - 1:00						12:30 - 1:00						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	Women on Weights (1:00-2:00) Julie		1:00 - 1:30	Vinyasa Yoga 3 (1:00-2:00) Carter				
1:30 - 2:00		LIVESTRONG (1:00-3:00)		Pedaling for Parkinson's (1:30-3:00)		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					
4:30 - 5:00		Ballet 1 Pre- Ballet I (4:30-5:15)			Spanish in Motion (4:20-5:20)	4:30 - 5:00		Dance 1 Creative Dance (4:30-5:15)				4:30 - 5:00		Fun with Theater (4:30-5:25)	Youth Beg. Tap ages 5-8 (4:30-5:15)	Kettlebells Level 1 (5:15-6:00) Gretchen	
5:00 - 5:30						5:00 - 5:30	HIITTRX (5:15-6:00) Chad		Tai Chi 1 (5:15-6:00) Daryl M.			5:00 - 5:30					
5:30 - 6:00	Interm. Pilates Mat Flow (5:30-6:30) Kristin	Cardio Karate 1 (5:30-6:30) Morris	All Around Fitness 2 (5:30-6:30) Laurie	StudioCycling 2 (5:30-6:30) Gianna	Judo 1 Beginning (5:30-6:30)	5:30 - 6:00		Body Core 1 (5:30-6:30) Lena				5:30 - 6:00	Beginner Yoga (5:15-6:15) Amy U.				
6:00 - 6:30						6:00 - 6:30			Tai Chi 2 (6:00-6:50) Daryl M.	StudioCycling 5 (6:15-7:15) Janet		6:00 - 6:30				Studio Cycling 7 (6:15-7:15) Ryan	
6:30 - 7:00	Tabata-HIIT (6:45-7:30) Janet	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 2 (6:15-7:15) Carter	Zumba 2 Kyande (6:30-7:30)				6:30 - 7:00	Vinyasa Yoga 10 (6:15-7:15) Carter	Cardio Karate 2 (6:30-7:30) Morris	Karate 1 All Levels (6:30-7:30)		
7:00 - 7:30				Bike/Tone 2 (7:00-8:15) Judy		7:00 - 7:30				Adult Int. Tap (7:00-8:00)		7:00 - 7:30					
7:30 - 8:00		Karate 3 (7:30-8:30)	BollyFit (7:30-8:30)			7:30 - 8:00	Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter			WERQ 2 Dance Fitness (7:30-8:30) Dana		7:30 - 8:00	Crossfire (7:30-8:30) Tony	Karate 3 (7:30-8:30)	Adult Cont. Tap (7:35-8:35)	Judo 5, Club (7:00-9:00)	
8:00 - 8:30		Karate 4 (7:30-9:00)			Jujutsu 1 Beginner (7:30-9:30)	8:00 - 8:30		Dance 12 Belly Dance II/III (7:30-9:15)				8:00 - 8:30		Karate 4 (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 in Yellow		Punch Card Eligible	No Registration Necessary			Session Dates : September 5th - October 22nd				

	Thursday - Fall 1 Schedule						Friday - Fall 1 Schedule						Saturday - Fall 1 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				StudioCycling 8 (6:00-7:00) Pauline		6:00 - 6:30				Bike, HIIT, Repeat (6:00-7:00) Tony		6:00 - 6:30					
6:30 - 7:00	Mindful Vinyasa Yoga 2 (6:15-7:15) Amy U.					6:30 - 7:00				Step Survival 2 (6:15-7:15) Vanessa/Ko		6:30 - 7:00					
7:00 - 7:30						7:00 - 7:30				Kettlebells 2 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						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						9:00 - 9:30					
9:30 - 10:00				Bike & Tone (9:15-10:30) Judy		9:30 - 10:00	Vinyasa Yoga 4 (9:15-10:15) Amy U.					9:30 - 10:00	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)		Body Core 2 (9:15-10:15) Lena	Aikido 3 Intermediate (9:30-10:30)
10:00 - 10:30					10:00 - 10:30			ZumbaToning 2 (9:30-10:30) Carol				10:00 - 10:30		Ballet 9 Floor Barre (9:50-10:50)	Karate 2 All Levels Karate Club (9:30-11:00)		
10:30 - 11:00					10:30 - 11:00						CHILD WATCH	10:30 - 11:00				Studio Cycling 12 (10:30-11:30) Alicia	Judo 2 Beginning (10:30-11:30)
11:00 - 11:30	Chair Yoga (11:00-11:45) Amy U.				11:00 - 11:30	Iyengar Yoga 3 Level 1-2 (10:30-12:00) Liz			Enhance Fitness (11:00-12:00) Mimi	Core Barre Pilates (11:15-12:00) Gwyn	Intro to Moving For Better Balance (11:15-12:00) Ken	11:00 - 11:30					
11:30 - 12:00					11:30 - 12:00							11:30 - 12:00	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda	Adult Cont./Int. Ballet (11:00-12:15)			
12:00 - 12:30	Iyengar Yoga 1 Level 1 (12:00-1:30) Linda	Drop-In Work- Out (12:15-1:00) Julie			12:00 - 12:30	TRX 5 (12:15-1:00) Gwyn	Drop-In Work- Out (12:15-1:00) Emily	Moving For Better Balance (12:15-1:00) Ken				12:00 - 12:30					Judo 4 Int/Adv (11:30-1:00)
12:30 - 1:00				LIVESTRONG GRADUATES (12:30-1:30)	12:30 - 1:00							12:30 - 1:00		Adult Beginning Ballet (12:30-1:30)			
1:00 - 1:30					1:00 - 1:30							1:00 - 1:30					
1:30 - 2:00					1:30 - 2:00							1:30 - 2:00					Aikido 4 All Levels (1:00-2:30)
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	Slow Flow Vinyasa (4:00-5:00) Robin				4:00 - 4:30							4:00 - 4:30					
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)	Hip Hop Jazz ages 9-13 (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			NIA 1 (4:30-5:30) Megan			5:00 - 5:30					
5:30 - 6:00		WERQ Dance Fitness (5:30-6:30) Dana	Youth Beg. Ballet ages 10-13 (5:30-6:25)	StudioCycling 9 (5:30-6:30) Liz	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 (7:00-8:00)	Dance 11 Beledi (Belly Dance) I (6:30-7:30)		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 (8:00-9:00)			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 (9:00-10:00)			9:00 - 9:30							9:00 - 9:30					
9:30 - 10:00					9:30 - 10:00							9:30 - 10:00					
	<b>Class offerings are subject to minimum enrollment</b>						<b>Free Classes in Yellow</b>		Punch Card Eligible	<b>No Registration Necessary</b>			<b>Session Dates : September 5th - October 22nd</b>				

	Sunday - Fall 1 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				Studio Cycling 16 (10:00-11:00) Nina	Jujutsu Open Mat Training (10:00-12:00)	10:00 - 10:30		Spanish Zone (9:30- 11:30) Teen Center	Spanish Zone (9:30-11:30) Teen Center	Spanish Zone Add- On (9:30- 11:30) Teen Center	Explore Art (9:30-10:30) Teen Center	
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				Spanish for Adults (12:15- 1:00)		
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						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)				4:00 - 4:30						
4:30 - 5:00						4:30 - 5:00	Spanish in Motion (4:30-5:30) Michigan	Spanish in Motion (4:30-5:30) Michigan Room				
5:00 - 5:30						5:00 - 5:30						
5:30 - 6:00		Swing Dance (intermed.) (5:30-6:30)				5:30 - 6:00						
6:00 - 6:30						6:00 - 6:30						
6:30 - 7:00						6:30 - 7:00			Beg. Guitar for Adults (6:30-7:30) Teen Center			
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						
	<b>Session Dates : September 5th - October 22nd</b>						<b>Updated: September 21, 2017</b>					