

	Monday - Winter 1 Schedule						Tuesday - Winter 1 Schedule						Wednesday - Winter 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		Studio Cycling 3 (6:00-7:00) Tony		6:00 - 6:30				StudioCycling 6 (6:00-7:00) Nina	
6:30 - 7:00	Yin Yoga (6:30-7:30) Amy U.	Barre 360 (6:30-7:20) 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 (8:10-8:55) Gwyn					8:00 - 8:30	Vinyasa Yoga 9 (8:00-9:00) Mai					8:00 - 8:30	TRX 4 (8:10-8:55) Gwyn				
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)	Mindful Movement Pilates (9:15-10:15) Gwyn			9:00 - 9:30	Tai Chi 3 (9:05-9:55) Daryl M.	Intermediate Pilates (9:15-10:15) Lauren M.		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	GroupStrength 1 (9:30-10:30) Michael	
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi		GroupStrength 3 (9:30-10:30) Michael		9:30 - 10:00						9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi	Zumba 3 (10:15-11:15) Carol		
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) Pam				
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni					10:30 - 11:00	Gyrokinesis (10:30-11:30) Lauren M.					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				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	CHILD CARE
11:30 - 12:00						11:30 - 12:00	Chair Yoga 2 (11:45-12:45) Lauren H.		Lean Mean Senior Machine (11:30-12:30) Susan		Nurturing Baby and You (11:30-12:30)	11:30 - 12:00	Vinyasa Yoga (11:45-12:45) Lauren H.				
12:00 - 12:30		Power Lunch (12:15-1:00) Gail	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30		Barre 360 2 (12:00-12:50) Jan		Get Fit (12:15-1:00) Mike		12:00 - 12:30					
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 (1:15-2:15) 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 (1:15-3:00)		Pedaling for Parkinson's (1:30-3:00)	
2:00 - 2:30						2:00 - 2:30						2:00 - 2:30					
2:30 - 3:00						2:30 - 3:00						2:30 - 3:00	Yin Yoga (2:15-3:15) Amy U.				
3:00 - 3:30						3:00 - 3:30						3:00 - 3:30					
3:30 - 4:00						3:30 - 4:00						3:30 - 4:00			Creative Dance ages 3-4 (3:30-4:15)		
4:00 - 4:30	Teen Vinyasa Yoga (4:15-5:15) Lauren H.					4:00 - 4:30						4:00 - 4:30					
4:30 - 5:00		Ballet 1 Pre- Ballet I (4:30-5:15)			CHILD CARE	4:30 - 5:00		Dance 1 Creative Dance (4:30-5:15)			CHILD CARE	4:30 - 5:00		Fun with Theater (4:30-5:25)	Youth Beg. Tap ages 5-8 (4:30-5:15)	Kettlebells All Levels (5:15-6:00) Gretchen	CHILD CARE
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	Beginner Yoga 1 (5:00-6:00) Amy U.				
5:30 - 6:00	Interm. Pilates Mat Flow (5:30-6:30) Kristin	Cardio Karate 1 (5:30-6:30) Morris		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			Pound (5:45-6:30) Lindy-Ann	5:30 - 6:00			Modern/Cont. Dance (5:30-6:25)		
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	Vinyasa Yoga 10 (6:15-7:15) 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	
6:30 - 7:00	Tabata-HIIT (6:45-7:45) 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					
7:00 - 7:30						7:00 - 7:30						7:00 - 7:30					
7:30 - 8:00		Karate 3 (7:30-8:30)	BollyFit (7:30-8:30)	Bike/Tone 2 (7:00-8:15) Judy		7:30 - 8:00	Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter					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					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					
8:30 - 9:00		Karate 4 (7:30-9:00)				8:30 - 9:00						8:30 - 9:00		Karate 4 (7:30-9:00)			
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 : January 8th - February 25th				

	Thursday - Winter 1 Schedule						Friday - Winter 1 Schedule						Saturday - Winter 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 All Levels (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 (8:10-8:55) Gwyn					8:00 - 8:30			Karate Sparring Club (8:00-9:00)	Studio Cycling 11 (8:00-9:00) Nina/Ryan	
8:30 - 9:00	Guided Iyengar Practice (8:30-10:30) Liz B.					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 M.	Core Essentials (9:00-9:30)			9:00 - 9:30				Barre 360 3 (9:15-10:00) Carol		9:00 - 9:30					
9:30 - 10:00				Bike & Tone (9:15-10:30) Judy		9:30 - 10:00	Vinyasa Yoga 4 (9:10-10:10) Amy U.			All Around Fitness (9:45-10:45) Sara	Everyday Strength (9:30-10:30) Michael	10:00 - 10:30	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)		Body Core 2 (9:15-10:15) Lena	Aikido 3 Intermediate (9:30-10:30)
10:00 - 10:30						10:00 - 10:30				ZumbaToning 2 (10:10-11:10) Carol		CHILD WATCH		Ballet 9 Floor Barre (9:50-10:50)	Karate 2 All Levels Karate Club (9:30-11:00)		
10:30 - 11:00					CHILD WATCH	10:30 - 11:00	Iyengar Style Yoga Level 1-2 (10:30-12:00) Liz B.					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.	Zumba 4 (11:00-12:00) Hailey				11:00 - 11:30				Enhance Fitness (11:00-12:00) Mimi	Yogailates (11:15-12:00) Gwyn	Intro to Moving For Better Balance (11:00-11:45) Ken	11:00 - 11:30				
11:30 - 12:00			Lean Mean Senior Machine (11:30-12:30) Susan			11:30 - 12:00							CHILD CARE				
12:00 - 12:30	Iyengar Yoga 1 Level 1 (12:00-1:30) Pam	Power Lunch 2 (12:15-1:00) Gail		StudioCycling Express (12:00-12:45) Janet		12:00 - 12:30	TRX 5 (12:15-1:00) Gwyn			HIIT Circuits (12:15-1:00) Emily	Moving For Better Balance (12:15-1:00) Ken	StudioCycling Express (12:00-12:45) Janet	12:00 - 12:30				Judo 4 Int/Adv (11:30-1:00)
12:30 - 1:00						12:30 - 1:00											
1:00 - 1:30						1:00 - 1:30											
1:30 - 2:00				Women on Weights (1:15-2:15) Julie		1:30 - 2:00							Yin Flow (12:45-1:45) Lewis				Aikido 4 All Levels (1:00-2:30)
2:00 - 2:30		LIVESTRONG (1:00-3:00)				2:00 - 2:30											
2:30 - 3:00						2:30 - 3:00											
3:00 - 3:30						3:00 - 3:30											
3:30 - 4:00						3:30 - 4:00											
4:00 - 4:30						4:00 - 4:30											Fencing 1 Beginning ages 9-12 (3:00-4:00)
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)	Hip Hop Jazz (4:30-5:25)		Judo Kata Practice (4:00-4:45)	4:30 - 5:00				NIA 1 (4:30-5:30) Megan		4:30 - 5:00					Fencing 2 Beginning 12 + (4:00-5:00)
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 + (5:00-6:00)
5:30 - 6:00		WERQ Dance Fitness (5:30-6:30) Dana	Youth Contemp. Ballet (5:30-6:25)	StudioCycling 9 (5:30-6:30) Liz P.		5:30 - 6:00				Cardio Karate 3 (5:30-6:30) Morris		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				Fencing 7 Practice Club (6:00-7:00)
6:30 - 7:00			Belly Dance (Beg.) (6:30-7:30)			6:30 - 7:00	Aqua Comp. Synchro (6:00-7:15)				Aqua Non- Comp. Synchro (6:30-7:30)	Jujutsu 2 All Levels (6:00-8:00)	6:30 - 7:00				
7:00 - 7:30		Fencing 5 All Levels (7:00-8:00)		Cycle Circuits (6:45-7:45) Liz P.		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 (9:00-9:45)				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 : January 8th - February 25th				

	Sunday - Winter 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	Vinyasa Style Yoga (9:30-10:30)					9:30 - 10:00		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
10:00 - 10:30	Rotating Staff			Studio Cycling 16 (10:00-11:00) Nina	Jujutsu Open Mat Training (10:00-12:00)	10:00 - 10:30		- Tiny Talkers (10:30- 11:30) Teen Center	Spanish Zone (9:30-11:30) 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- 1:15) Teen Center	
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						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						4:00 - 4:30						
4:30 - 5:00		Swing Dance (beg./cont.) (4:15-5:15)				4:30 - 5:00	Spanish in Motion (4:30-5:30) Michigan Rm		Spanish in Motion (4:30-5:30) Michigan Rm			
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 : January 8th - February 25th</b>						<b>Updated: January 5, 2018</b>					