

	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	Yin Yoga (6:15-7:15) Amy U.		Interval Strength (6:00-7:00) Nina	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		Pilates Barre Fusion (6:15-7:15) Sara S.		StudioCycling 6 (6:00-7:00) Nina					
6:30 - 7:00		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			Conditioning for Life (7:30-8:15) Dan				7:00 - 7:30							7:00 - 7:30							
7:30 - 8:00							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	Zumba 5 (8:10-9:10) Andrea				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 (9:15-10:00) 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	Yogalates (9:00-9:45) Gwyn		NIA 2 (9:10-10:10) Megan		GroupStrength 1 (9:30-10:30) Mike				
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi			GroupStrength 2 (9:30-10:30) Mike		9:30 - 10:00					Dance 14 Play Group/CM (9:30-10:30)		9:30 - 10:00				All Around Fitness (9:45-10:45) Mimi			
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		Zumba 3 (10:15-11:15) Carol				CHILD WATCH	
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Linda					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			11:00 - 11:30						11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Darryl						
11:30 - 12:00						11:30 - 12:00			Lean Mean Senior Machine (11:30-12:30) Susan		Nurturing Baby and You (11:30-12:30)	11:30 - 12:00				Flex & Firm (11:00-12:00) Megan		CHILD CARE			
12:00 - 12:30	TRX 2 (12:00-12:45) Gwyn	Power Lunch (12:15-1:00) Gail	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30	Chair Yoga 2 (11:45-12:45) Lauren H.	Barre 360 2 (12:00-12:50) Jan			Get Fit (12:15-1:00) Mike	12:00 - 12:30		Total Body Conditioning & Stretching (12:15-1:10) Amy K.	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	Mindful Movement (1:00-2:00) Amy H.	LIVESTRONG (1:00-3:00)				1:00 - 1:30	Hatha Yoga 2 (1:00-2:00) Carter	LIVESTRONG (1:00-3:00)		Zumba Gold (1:15-2:00) Karen	Women on Weights (1:15-2:15) Mike	1:00 - 1:30		LIVESTRONG (1:15-3:00)							
1:30 - 2:00				Pedaling for Parkinson's (1:30-3:00)		1:30 - 2:00							1:30 - 2:00						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									
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)				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 (4:30-5:15)			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) Lauren H.								
5:30 - 6:00		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				5:30 - 6:00			Modern/Cont. Dance (5:30-6:25)			Pound (5:30-6:15) Lindy-Ann			
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) Clark	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) Morris		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		Karate 4 (7:30-9:00) Morris			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) Morris							
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 : April 23rd - June 10th

	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				StudioCycling 8 (6:00-7:00) Pauline		6:00 - 6:30				Studio Cycling 10 (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						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 (8:10-8:55) Gwyn					8:00 - 8:30		Beginning Pilates (8:00-8:50) Sara S.	Karate Sparring Club (8:00-9:00) Morris	Studio Cycling 11 (8:00-9:00) 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	Vinyasa Yoga 7 (9:15-10:15) Rotating	Ballet 3 Pre-Ballet (9:00-9:45)		Aikido 3 Intermediate (9:30-10:30)	
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 F.		9:30 - 10:00		Karate 2 All Levels Karate Club (9:30-11:00) Clark			
10:00 - 10:30						10:00 - 10:30				ZumbaToning 2 (10:10-11:10) Carol		10:00 - 10:30		Ballet 9 Floor Barre (9:50-10:50)			
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				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	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda	Adult Cont./Int. Ballet (11:00-12:15) Dana		
11:30 - 12:00			Lean Mean Senior Machine (11:30-12:30) Susan			11:30 - 12:00				HIIT Circuits (12:15-1:00) Sara S.	Moving For Better Balance (12:15-1:00) Ken		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	Power Lunch 2 (12:15-1:00) Gail		StudioCycling Express 2 (12:00-12:45) Janet	Outdoor Conditioning (12:00-1:00) Chad	12:00 - 12:30							12:00 - 12:30				
12:30 - 1:00						12:30 - 1:00							12:30 - 1:00				
1:00 - 1:30						1:00 - 1:30							1:00 - 1:30	Yin Flow Yoga (12:45-1:45) Lewis	Adult Beginning Ballet (12:30-1:30)		
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				Baby Massage Class (3:00-3:45) April 28-June 2
4:00 - 4:30					Judo Kata Practice (4:00-4:45)	4:00 - 4:30							4:00 - 4:30				
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)	Hip Hop Jazz (4:30-5:25)			4:30 - 5:00				NIA 1 (4:30-5:30) Megan		4:30 - 5:00					
5:00 - 5:30	Vinyasa Yoga for Runners (5:05-6:00) Robin				First Kicks (4:45-5:15)	5:00 - 5:30	TRX 7 (5:15-6:00) Chad						5:00 - 5:30				
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.	First Kicks 2 (5:30-6:00)	5:30 - 6:00				Cardio Karate 3 (5:30-6:30) Morris		5:30 - 6:00					
6:00 - 6:30						6:00 - 6:30						6:00 - 6:30					
6:30 - 7:00	Restorative Iyengar Yoga (6:15-7:45) Linda					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)	Belly Dance (Beg.) (6:30-7:30)		Cycle Circuits (6:45-7:45) Liz P.	7:00 - 7:30				Karate 5 Advanced (6:30-8:00) Morris		7:00 - 7:30					
7:30 - 8:00						Aikido 5 All Levels (7:30-8:30)	7:30 - 8:00					7:30 - 8:00					
8:00 - 8:30			Fencing 4 Studio Fencing (8:00-9:00)				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 : April 23rd - June 10th**

	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 (9:30-10:30) Amy M.					9:30 - 10:00		Spanish Zone (9:30-11:30) Teen Center					Explore Art (9:30-10:30) Teen Center	
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 Add-On (9:30-11:30) Teen Center			
10:30 - 11:00						10:30 - 11:00		Tiny Talkers (10:30-11:30) Michigan Rm						
11:00 - 11:30	BeginnerPlus Vinyasa Yoga (11:00-11:45) Amy M.					11:00 - 11:30								
11:30 - 12:00				StudioCycling Express (11:30-12:15) Nina		11:30 - 12:00								
12:00 - 12:30				Core & More (12:30-1:15) Nina		12:00 - 12:30					Spanish for Adults (12:15-1:15) Teen Center			
12:30 - 1:00					Judo 6 Open Mat (1:00-3:00)	12:30 - 1:00								
1:00 - 1:30						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 : April 23rd - June 10th</b>						<b>Updated: May 2, 2018</b>							