

	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				Cycling Plus (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 (6:30-7:20) Jan				6:30 - 7:00	Total Body HIIT (6:30-7:30) Mahya					6:30 - 7:00		Pilates Barre Fusion (6:30-7:20) Sara S.													
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		Youth Day Camp		Youth Day Camp	8:00 - 8:30	Vinyasa Yoga 9 (8:00-9:00) Mai		Youth Day Camp		Youth Day Camp	8:00 - 8:30	TRX 4 (8:10-8:55) Gwyn		Youth Day Camp		Youth Day Camp										
8:30 - 9:00						8:30 - 9:00						8:30 - 9:00						8:30 - 9:00			NIA 2 (8:30-9:30) Megan						
9:00 - 9:30						9:00 - 9:30						9:00 - 9:30	Tai Chi 3 (9:05-9:55) Daryl M.	Intermediate Pilates (9:15-10:15) Lauren M.						9:00 - 9:30	Yogalates (9:00-9:45) Gwyn						
9:30 - 10:00	Vinyasa Yoga 1 (9:15-10:15) Rachel	All Around Fitness (9:45-10:45) Mimi					GroupStrength 2 (9:30-10:30) Mike					9:30 - 10:00								9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi			GroupStrength 1 (9:30-10:30) Mike		
10:00 - 10:30												10:00 - 10:30								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		Lean Mean Senior Machine (10:45-11:45) Susan						10:30 - 11:00							
11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi					Beginning 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				
11:30 - 12:00							Moving For Better Balance (12:15-1:00) Ken					11:30 - 12:00	Chair Yoga 2 (11:45-12:45) Lauren H.							11:30 - 12:00	Beginning to Moving For Better Balance (11:45-12:30) Daryl					Flex & Firm (11:00-12:00) Megan	
12:00 - 12:30	TRX 2 (12:00-12:45) Gwyn	Power Lunch (12:15-1:00) Gail										12:00 - 12:30		Barre 360 2 (12:00-12:50) Jan						12:00 - 12:30		Total Body Conditioning & Stretching (12:15-1:10) Amy K					
12:30 - 1:00												12:30 - 1:00							Get Fit (12:15-1:00) Mike		12:30 - 1:00	Moving For Better Balance (12:30-1:15) Ken					
1:00 - 1:30	Mindful Mvmt Pilates (1:00-1:45) Gwyn					1:00 - 1:30	Hatha Yoga 2 (1:00-2:00) Carter			Women's Strength (1:15-2:15) Mike		1:00 - 1:30															
1:30 - 2:00					Pedaling for Parkinson's (1:30-3:00)	1:30 - 2:00		LIVESTRONG (1:00-3:00)				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															
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 1 Pre- Ballet I (4:30-5:15)				4:30 - 5:00		Dance 1 Creative Dance (4:30-5:15)				4:30 - 5:00															
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	Int. Pilates Mat Flow (5:30-6:30) Kristin	Cardio Karate 1 (5:30-6:30) Morris	Judo 1 Beginning (5:30-6:30)	StudioCycling 2 (5:30-6:30) Gianna		5:30 - 6:00		Body Core 1 (5:30-6:30) Lena				5:30 - 6:00		Zumba Make-Up Classes 6/27, 7/11, 7/18 (5:30-6:30)													
6:00 - 6:30						6:00 - 6:30					Tai Chi 2 (6:00-6:50) Daryl M.	6:00 - 6:30	Vinyasa Yoga 10 (6:15-7:15) 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) Clark									
6:30 - 7:00		Zumba 1 (6:30-7:30) Carol/Andrea	Judo 3 Int/Adv (6:30-7:30)		Karate 1 All Levels (6:30-7:30) Morris	6:30 - 7:00	Vinyasa Yoga 2 (6:15-7:15) Carter	Adult Int. Tap (6:30-7:30)				6:30 - 7:00															
7:00 - 7:30				Bike/Tone 2 (7:00-8:15) Judy		7:00 - 7:30						7:00 - 7:30															
7:30 - 8:00		Karate 3 (7:30-8:30)				7:30 - 8:00	Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter			Zumba 2 Hailey (7:30-8:30)		7:30 - 8:00	Crossfire (7:30-8:30) Tony		Karate 3 (7:30-8:30)	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 : June 25th - August 19th														

	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	Mindful Vinyasa Yoga 2 (6:15-7:15) Chelsea			StudioCycling 8 (6:00-7:00) Pauline		6:00 - 6:30						6:00 - 6:30							
6:30 - 7:00						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	Youth Day Camp		Youth Day Camp	8:00 - 8:30	TRX 3 (8:10-8:55) Gwyn					8:00 - 8:30				Studio Cycling 11 (8:00-9:00) Ryan	Karate Sparring Club (8:00-9:00) Morris		
8:30 - 9:00	Guided Iyengar Practice (8:30-10:30) Liz B.	Beginning Pilates 5 (9:15-10:15) Lauren M.					8:30 - 9:00	Mindful Vinyasa 3 (9:10-10:10) Lauren H.	Conditioning for Life (7:30-8:15) Dan				8:30 - 9:00				Aikido 2 Beginning (8:45-9:30)		
9:00 - 9:30										Total Body HIIT 2 (8:30-9:30) Gretchen				9:00 - 9:30	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)			
9:30 - 10:00											All Around Fitness (9:45-10:45) Sara F.				9:30 - 10:00		Ballet 9 Floor Barre (9:50-10:50)		Aikido 3 Intermediate (9:30-10:30)
10:00 - 10:30													10:00 - 10:30						
10:30 - 11:00	Chair Yoga (10:45-11:45) Lauren H.					Lean Mean Senior Machine (10:45-11:45) Susan		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		Zumba 4 (11:00-12:00) Hailey						11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi			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	Power Lunch 2 (12:15-1:00) Gail				Studio Cycling Express 2 (12:00-12:45) Janet		12:00 - 12:30	Yogalates (12:15-1:00) Gwyn	HIIT Circuits (12:15-1:00) Sara S.			12:00 - 12:30				Judo 4 Int/Adv (11:30-1:00)		
12:30 - 1:00		LIVESTRONG (1:00-3:00)				Workout To-Go (1:15-2:15) Mike		12:30 - 1:00					12:30 - 1:00						
1:00 - 1:30							1:00 - 1:30					1:00 - 1:30							
1:30 - 2:00							1:30 - 2:00					1:30 - 2:00							
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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				Fencing Beginning Ages 9+ (4:00-5:00)				
5:00 - 5:30	Vinyasa Yoga for Runners (5:05-6:00) Robin					5:00 - 5:30					5:00 - 5:30				Fencing 3 Intermediate 12 + (5:00-6:00)				
5:30 - 6:00		WERQ Dance Fitness (5:30-6:30) Dana		StudioCycling 9 (5:30-6:30) Liz P.		5:30 - 6:00					5:30 - 6:00								
6:00 - 6:30						6:00 - 6:30					6:00 - 6:30								
6:30 - 7:00	Iyengar Evening Yoga Level 1 (6:15-7:45) Linda					6:30 - 7:00					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								
7:30 - 8:00				Aikido 5 All Levels (7:30-8:30)							7:30 - 8:00								
8:00 - 8:30		Fencing 4 Studio Fencing (8:00-9:00)		Dance 16 BollyFit (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 : June 25th - August 19th						

	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		Intense Barre (9:00-9:50) Kelli				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		Intermediate Pilates 2 (10:30-11:30) Sara S.				10:30 - 11:00						
11:00 - 11:30						11:00 - 11:30						
11:30 - 12:00					StudioCycling Express (11:30-12:15) Nina		11:30 - 12:00					
12:00 - 12:30						12:00 - 12:30				Outdoor Conditioning (12:00-1:00) Track		
12:30 - 1:00				Core & More (12:30-1:15) Nina		12:30 - 1:00						
1:00 - 1:30			Judo 6 Open Mat (1:00-3:00)			1:00 - 1:30						
1:30 - 2:00		Adult Cont. Tap (1:45-2:45)				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		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.) (5:30-6:30)				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						
	<b>Session Dates : June 25th - August 19th</b>						<b>Updated: July 9, 2018</b>					