

	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			Interval Strength (6:00-7:00) Nina	Cycling Plus (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		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 (6:30-7:30) 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					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				Zumba 4 (8:45-9:45) Hailey		8:30 - 9:00					
9:00 - 9:30		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.	Dance 14 Play Group/CM (9:15-10:00)			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	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					
10:00 - 10:30					CHILD WATCH	10:00 - 10:30				Kettlebells (10:00-10:45) Gretchen	CHILD WATCH	10:00 - 10:30	Iyengar Yoga Level 1-2 (10:00-11:30) Pam		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 M.	Zumba Toning 2 (10:45-11:45) Carol	Music That Moves You (10:30-11:15) Gari			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						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	Chair Yoga 2 (11:45-12:45) Lauren H.				Nurturing Baby and You (11:30-12:30)	11:30 - 12:00					
12:00 - 12:30	TRX 2 (12:00-12:45) Gwyn	Power Lunch (12:15-1:00) Rotating	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		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						1:00 - 1:30	Hatha Yoga (1:00-2:00) Carter			Women's Strength (1:15-2:15) Mike		1:00 - 1:30					
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					
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)			CHILD CARE	4:30 - 5:00		Dance 1 Creative Dance (4:30-5:15)			CHILD CARE	4:30 - 5:00			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	Int. Pilates Mat Flow (5:45-6:45) 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				5:30 - 6:00		Zumba 5 Andrea (5:30-6:30)	Modern/Cont. Dance (5:30-6:25)	Pound (5:30-6:15) Lindy-Ann	
6:00 - 6:30						6:00 - 6:30	Vinyasa Yoga 2 (6:15-7:15) Carter		Tai Chi 2 (6:00-6:50) Daryl M.	Cycle and Stretch (6:15-7:15) Janet		6:00 - 6:30	Vinyasa Yoga 10 (6:15-7:15) Chelsea	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		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		Zumba 2 Kyande (6:30-7:30)			Aqua Synchro (6:30-7:30)	6:30 - 7:00					
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)				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 : September 10th - October 28th				

	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		Step Survival 2 (6:15-7:15) Vanessa/Ko				6:00 - 6:30					
6:30 - 7:00	Mindful Vinyasa Yoga (6:15-7:15) Amy U.					6:30 - 7:00						6:30 - 7:00					
7:00 - 7:30		HIIT Low-Impact (7:00-7:45) Sara S.				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		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.		Core Essentials (9:00-9:30)			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.		Bike & Tone (9:15-10:30) Judy		9:00 - 9:30	Mindful Vinyasa 2 (9:15-10:15) Lauren H.	Barre 360 3 (9:10-9:55) Carol				9:00 - 9:30	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)		Aikido 3 Intermediate (9:30-10:30)	
9:30 - 10:00						9:30 - 10:00		All Around Fitness (9:45-10:45) Sara F.	ZumbaToning (10:10-11:10) Carol	GroupStrength 3 (9:30-10:30) Mike		10:00 - 10:30		Ballet 9 Floor Barre (9:50-10:50)	Karate 2 All Levels Karate Club (9:30-11:00) Clark	Body Core 2 (9:15-10:15) Lena	
10:00 - 10:30						10:00 - 10:30					CHILD WATCH	10:00 - 10:30					
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 5 (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		Enhance Fitness (11:00-12:00) Mimi	Yogalates (11:15-12:00) Gwyn	Intro to Moving For Better Balance (11:00-11:45) Ken	CHILD CARE	11:00 - 11:30	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda	Adult Cont./Int. Ballet (11:00-12:15)	WERQ Dance Fitness 2 (11:15-12:15) Dana *ends 10/6*		Judo 4 Int/Adv (11:30-1:00)
11:30 - 12:00		Power Lunch 2 (12:15-1:00) Mike	Lean Mean Senior Machine (11:30-12:30) Susan	Studio Cycling Express 2 (12:00-12:45) Janet	Outdoor Conditioning (12:00-1:00) Chad	12:00 - 12:30	TRX/Pilates Mat Combo (12:15-1:00) Gwyn	HIIT Circuits (12:15-1:00) Sara S./Emily	Moving For Better Balance (12:15-1:00) Ken	StudioCycling Express 3 (12:00-12:45) Janet		12:00 - 12:30					
12:00 - 12:30	Iyengar Yoga 1 Level 1 (12:00-1:30) Pam					12:30 - 1:00						12:30 - 1:00					
1:00 - 1:30		LIVESTRONG (1:00-3:00)		Women's Strength (1:15-2:15) Mike		1:00 - 1:30						1:00 - 1:30	Yin Flow Yoga (12:45-1:45) Lewis	Adult Beginning Ballet (12:30-1:30)			Aikido 4 All Levels (1:00-2:30)
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					Baby Massage Class (3:00-3:45) Sept. 15 - Oct. 12
3:30 - 4:00						3:30 - 4:00						3:30 - 4:00					
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	Fun with Theater (4:30-5:25)		CHILD CARE	4:30 - 5:00					
5:00 - 5:30	Vinyasa Yoga for Runners (5:05-6:00) Robin/Anya				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/Zumba (5:30-6:30) Dana/Hailey	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	Iyengar Evening Yoga Level 1 (6:15-7:45) Linda		Belly Dance (Beg.) (6:30-7:30)		Aqua Synchro (6:30-7:30)	6:30 - 7:00						6:30 - 7:00					
7:00 - 7:30			Fencing 5 All Levels (7:00-8:00)			Aikido 5 All Levels (7:30-8:30)	7:00 - 7:30					7:00 - 7:30					
7:30 - 8:00							7:30 - 8:00						7:30 - 8:00				
8:00 - 8:30		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 : September 10th - October 28th

	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		Intense Barre (9:00-9:50) Kelli				9:00 - 9:30						
9:30 - 10:00	Intermediate Vinyasa Yoga 2 (9:30-10:45) Amy M.	*ends 10/14*				9:30 - 10:00						
10:00 - 10:30				Studio Cycling 12 (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			Intermediate Pilates 2 (11:00-12:00) Sara S.	Core & More (11:15-12:00) Nina		11:00 - 11:30						
11:30 - 12:00				11:30 - 12:00								
12:00 - 12:30				StudioCycling Express (12:15-1:00) Nina		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					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		Ballroom Dance (beg.) (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						
	Session Dates : September 10th - October 28th						Updated: September 12, 2018					