

	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			Interval Strength (6:00-7:00) Nina			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	TRX 6 (6:15-7:00) Brett			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 All Levels (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					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		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.		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		
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			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		CHILD WATCH
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni					10:30 - 11:00		Zumba Toning 2 (10:45-11:45) Carol				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		Flex & Firm (11:00-12:00) Megan
11:30 - 12:00						11:30 - 12:00						11:30 - 12:00					
12:00 - 12:30	TRX 2 (12:00-12:45) Gwyn	Power Lunch (12:15-1:00) Janet	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30		Barre 360 2 (12:00-12:50) Jan	Gentle Fitness: Strong & Healthy (12:00-1:00) Susan	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			Zumba Gold (1:15-2:00) Karen			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	Gentle Flow (1:30-2:30) Chris	LIVESTRONG (1:00-3:00)				1:30 - 2:00	Yin Yoga (1:30-2:30) Amy U.	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					
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	Teen Vinyasa (4:15-5:00) Chelsea	Dance 1 Creative Dance (4:15-5:00)				4:30 - 5:00				Youth Beg. Tap (4:30-5:15)	
5:00 - 5:30						5:00 - 5:30	HIITTRX (5:15-6:00) Chad				CHILD CARE	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				5:30 - 6:00		Body Core 1 (5:30-6:30) Lena		Tai Chi 1 (5:15-6:00) Daryl M.		5:30 - 6:00		Zumba 5 Andrea (5:30-6:30)			Pound (5:45-6:30) Lindy-Ann
6:00 - 6:30						6:00 - 6:30				Tai Chi 2 (6:00-6:50) Daryl M.	Studio Cycling 10 (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			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)		Bike/Tone 2 (7:00-8:15) Judy		7:30 - 8:00						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	Modern/Conte m. Dance (7:45-9:00)			8:00 - 8:30	Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter	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 : January 7th - February 24th

	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	TRX 5 (6:15-7:00) Brett	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			WERQ 2 (7:00-8:00) Dana	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			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				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 No Class 2/15			9:00 - 9:30	Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)		Body Core 2 (9:15-10:15) Lena	
9:30 - 10:00						9:30 - 10:00		All Around Fitness (9:45-10:45) Sara F.	ZumbaToning (10:10-11:10) Carol No Class 2/15		CHILD WATCH	10:00 - 10:30		Ballet 9 Floor Barre (9:50-10:50)	Karate 2 All Levels Karate Club (9:30-11:00) Clark	Aikido 3 Intermediate (9:30-10:30)	
10:00 - 10:30						10:00 - 10:30							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.	Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Ken		CHILD CARE	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						11:00 - 11:30	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Lynlee	Adult Cont./Int. Ballet (11:00-12:15)			Judo 4 Int/Adv (11:30-1:00)
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) Pam	Power Lunch 2 (12:15-1:00) Mike	Gentle Fitness: Strong & Healthy (12:00-1:00) 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) Emily	Moving For Better Balance (12:15-1:00) Ken	Studio Cycling Express 3 (12:00-12:45) Janet		12:00 - 12:30					
12:30 - 1:00						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					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)				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					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	Yoga for Athletes (5:30-6:30) Robin	WERQ (5:30-6:30) Dana	Ballet 5 Beginning 2 (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					First Kicks 3 (6:10-6:40)	6:00 - 6:30						6:00 - 6:30					
6:30 - 7:00	Power Yoga (6:45-7:45) Chris		Belly Dance (Beg.) (6:30-7:30)	Tabata-HIIT (6:45-7:45) Janet	Aqua Synchro (6:45-7:30)	6:30 - 7:00						6:30 - 7:00					
7:00 - 7:30			Fencing 5 All Levels (7:00-8:00)				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	Salsa Night (8:00-9:30) *FEB. 8TH*					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 7th - February 24th				

	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	Intermediate Vinyasa Yoga 2 (9:30-10:45) Amy M.					9:30 - 10:00		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		
10:00 - 10:30				Studio Cycling with Power 2 (10:00-11:00) Nina	Jujutsu Open Mat Training (10:00-12:00) Sara S.	10:00 - 10:30							
10:30 - 11:00				StudioCycling Express (11:15-12:00) Nina			10:30 - 11:00						
11:00 - 11:30	Beginner Yoga 2 (11:00-11:45) Amy M.	Intermediate Pilates 2 (11:00-12:00) Sara S.				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		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 (int.) (4:15-5:15)				4:00 - 4:30							
4:30 - 5:00						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							
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 7th - February 24th</b>						<b>Updated: January 16, 2019</b>						