

	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	Mindful Vinyasa Yoga (6:15-7:15) Amy U.			Interval Strength (6:00-7:00) Nina		6:00 - 6:30		Step Survival 1 (6:15-7:15) Vanessa/Ko		StudioCycling 3 (6:00-7:00) Tony		6:00 - 6:30				StudioCycling with Power (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				Masters Dry Land (6:30-7:20) Michael	
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	Mindful Vinyasa Yoga 2 (9:15-10:15) Amy U.	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.	High Fitness (9:00-10:00) Libby				9:00 - 9:30	Mindful Movement Pilates 2 (9:00-9:45) Gwyn		NIA 2 (9:10-10:10) Megan		Zumbini (9:00-10:00) Marcela	
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi			GroupStrength (9:45-10:45) Mike		9:30 - 10:00			Dance 14 Play Group/CM (9:30-10:15)			9:30 - 10:00				GroupStrength 2 (9:45-10:45) Mike	
10:00 - 10:30							10:00 - 10:30						10:00 - 10:30					
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni					10:30 - 11:00	Chair Yoga (10:45-11:30) Amy U.	Zumba Toning 2 (10:15-11:15) Carol				10:30 - 11:00	Iyengar Yoga Level 1-2 (10:00-11:30) Pam		Zumba 3 (10:15-11:10) Carol			
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	Beginner Yoga (12:00-12:45) Amy U.			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 Vinyasa Yoga (1:00-2:00) Amy U.					1:00 - 1:30			Zumba Gold (1:15-2:00) Karen			1:00 - 1:30	Mindful Vinyasa Yoga (1:00-2:00) Amy U.					
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)	*ends 10/8*			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						
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						4:30 - 5:00						
5:00 - 5:30						5:00 - 5:30						5:00 - 5:30				Dance 02 Youth Beg. Tap (4:30-5:15)		
5:30 - 6:00	Int. Pilates Mat (5:45-6:45) Kristin/Gwyn	Cardio Karate 1 (5:30-6:30) Morris				5:30 - 6:00	HIITRX (5:15-6:00) Chad	Body Core 1 (5:30-6:30) Lena				5:30 - 6:00	Osteoporosis Workshop (5:15-7:15) Gwyn *9/25, 10/23, 11/20*				Strength Training for Runners (5:30-6:15) Gianna	
6:00 - 6:30						6:00 - 6:30					6:00 - 6:30				Zumba 5 Andrea (5:30-6:30)			
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				Cardio Karate 2 (6:30-7:30) Morris	Karate 1 All Levels (6:30-7:30) Clark	Studio Cycling 7 (6:30-7:30) Liz P./Gianna
7:00 - 7:30						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	Gentle Hatha/ Restorative Yoga (7:30-8:30) Carter					7:30 - 8:00			Karate 3 (7:30-8:30)			
8:00 - 8:30		Karate 4 (7:30-9:00) Morris	Dance 17 Modern/Cont. Dance (7:45-9:00)			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		Judo 5, Club (7:00-9:00)	
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 9th - October 27th					

	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		Studio Cycling Express 3 (6:15-7:00) Sara S.		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		Low Impact HIIT (7:00-7:45) Sara S.				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				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						8:30 - 9:00				Aikido 6 Beg/Int (8:45-9:30)	
9:00 - 9:30		Beg. Pilates (9:15-10:15) Sara S.		Bike & Tone (9:15-10:30) Judy		9:00 - 9:30						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 (10:00-11:00) Carol	Kettlebells (10:00-10:45) Chad	CHILD WATCH	10:00 - 10:30			Ballet 9 Floor Barre (9:55-10:55)	Karate 2 All Levels Karate Club (9:30-11:00) Clark	
10:00 - 10:30						10:00 - 10:30						10:00 - 10:30					
10:30 - 11:00	Beginning Pranayama (10:45-11:45) Pam				CHILD WATCH	10:30 - 11:00	Iyengar Style Yoga (10:30-12:00) Liz B. *No Class 9/20*					10:30 - 11:00				Studio Cycling 1 (10:30-11:30) Alicia	Judo 2 Beginning (10:30-11:30)
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) Ken	Flex & Firm (11:15-12:15) Megan	CHILD CARE	11:00 - 11:30	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda	Adult Beginning Ballet (11:00-12:00)	Zumba (11:05-12:05) Jing	
11:30 - 12:00						11:30 - 12:00							11:30 - 12:00				
12:00 - 12:30	Iyengar Yoga Level 1 (12:00-1:30) Pam	Power Lunch 2 (12:15-1:00) Gail	Gentle Fitness: Strong & Healthy (12:00-1:00) Susan	Studio Cycling Express 2 (12:00-12:45) Janet	Outdoor/Indoor Conditioning (12:00-1:00) Chad	12:00 - 12:30		HIIT Circuits (12:15-1:00) Marika	Moving For Better Balance (12:15-1:00) Ken			12:00 - 12:30				Judo 4 Int/Adv (11:30-1:00)	
12:30 - 1:00						12:30 - 1:00						12:30 - 1:00			Zumbini 2 (12:30-1:30) Marcela		
1:00 - 1:30							1:00 - 1:30						1:00 - 1:30				
1:30 - 2:00		LIVESTRONG (1:00-3:00)				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		EB Dance Wellness (3:15-4:15)				3:30 - 4:00						3:30 - 4:00			Fencing 1 Beginning all ages (3:00-4:00)		
4:00 - 4:30				Women's Strength Training (4:15-5:15) Andrea	Judo Kata Practice (4:00-4:45)	4:00 - 4:30						4:00 - 4:30			Fencing 2 Intermediate all ages (4:00-5:00)		
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)				4:30 - 5:00		NIA 1 (4:30-5:30) Megan			CHILD CARE	4:30 - 5:00					
5:00 - 5:30						5:00 - 5:30						5:00 - 5:30			Fencing 3 Advanced (5:00-6:00)		
5:30 - 6:00	Yoga for Athletes (5:30-6:30) Robin	WERQ (5:30-6:30) Dana		StudioCycling 9 (5:30-6:30) Liz P.	CHILD WATCH	5:30 - 6:00		Cardio Karate 3 (5:30-6:30) Morris			CHILD WATCH	5:30 - 6:00					
6:00 - 6:30						6:00 - 6:30				Barracuda's Dry Land (6:15-7:00)		6:00 - 6:30			Fencing 7 Practice Club (6:00-6:50)		
6:30 - 7:00						6:30 - 7:00						6:30 - 7:00					
7:00 - 7:30		Fencing 5 All Levels (7:00-8:00)	Belly Dance (Beg.) (6:30-7:45)			7:00 - 7:30		Karate 5 Advanced (6:30-8:00) Morris				7:00 - 7:30					
7:30 - 8:00	Yoga Flow (7:30-8:30) Lewis				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 : September 9th - October 27th						

	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	TRX Blast (8:30-9:15) Nick			StudioCycling Express (8:30-9:15) Amy M.		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.	Shape-Up (9:30-10:30) Melanie				9:30 - 10:00						Explore Art (9:30-10:30) Teen Center
10:00 - 10:30						10:00 - 10:30		Spanish Zone (9:30-11:30) Teen Center		Spanish Zone (9:30-11:30) Teen Center	Beg Spanish for Adults (10:00- 11:00) Michigan Rm	
10:30 - 11:00					Judo 6 Open Mat (1:00-3:00)	10:30 - 11:00						
11:00 - 11:30		Intermediate Pilates (11:00-12:00) Sara S.	Feldenkrais2 Help for Your Knees 10/13 (10:30-12:00)			11:00 - 11:30						
11:30 - 12:00						11:30 - 12:00						Intermediate Spanish for Adults (11:30-12:30) Michigan Rm
12:00 - 12:30	Special Topics Workshop Series (12:00-1:30) Marly *9/15,9/29,10/13,1 0/27*	Fencing 8 Practice Club (12:00-2:00)				12:00 - 12:30						
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	Capoeira (2:00-3:00) Marika					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		Adult Tap (beg.) (4:00-5:00)				4:00 - 4:30						
4:30 - 5:00						4:30 - 5:00						
5:00 - 5:30		Adult Tap (cont.) (5:15-6:15)				5:00 - 5:30						
5:30 - 6:00						5:30 - 6:00						
6:00 - 6:30						6:00 - 6:30	Beg Spanish for Adults (6-7) Mich Rm					
6:30 - 7:00						6:30 - 7:00	Mood Lifters (6:30-7:30) Teen Ctr					
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 9th - October 27th						Updated: September 17, 2019						