

	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								
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					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	GroupStrength 2 (9:45-10:45) Mike	Zumbini (9:00-10:00) Marcela				
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi					9:30 - 10:00			Dance 14 Play Group/CM (9:30-10:15)		9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi	Zumba 3 (10:15-11:10) Carol						
10:00 - 10:30							10:00 - 10:30					CHILD WATCH	10:00 - 10:30		Iyengar Yoga Level 1-2 (10:00-11:30) Pam					CHILD WATCH	
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni	Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Darryl			10:30 - 11:00	Chair Yoga (10:45-11:30) Amy U.	Zumba Toning 2 (10:15-11:15) Carol				10:30 - 11:00		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	CHILD CARE				
11:00 - 11:30							11:00 - 11:30						11:00 - 11:30								CHILD CARE
11:30 - 12:00								11:30 - 12:00					Nurturing Baby and You (11:30-12:30)				11:30 - 12:00				
12:00 - 12:30	TRX 2 (12:00-12:45) Chad	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.	LIVESTRONG (1:00-3:00)	Pedaling for Parkinson's (1:30-3:00)			1:00 - 1:30		LIVESTRONG (1:00-3:00)	Zumba Gold (1:15-2:00) Karen			1:00 - 1:30	Mindful Vinyasa Yoga (1:00-2:00) Amy U.	LIVESTRONG (1:15-3:00)	Pedaling for Parkinson's (1:30-3:00)						
1:30 - 2:00							1:30 - 2:00				*ends 10/8*					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									
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			Dance 02 Youth Beg. Tap (4:30-5:15)		CHILD CARE				
5:00 - 5:30			CHILD WATCH			5:00 - 5:30	HIITTRX (5:15-6:00) Chad		Tai Chi 1 (5:15-6:00) Daryl M.			5:00 - 5:30									
5:30 - 6:00	Int. Pilates Mat (5:45-6:45) Kristin/Gwyn	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	Osteoporosis Workshop (5:15-7:15) Gwyn	Zumba 5 Andrea (5:30-6:30)		Strength Training for Runners (5:30-6:15) Gianna	CHILD WATCH				
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.			6:00 - 6:30	*9/25, 10/23, 11/20*	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					
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)	7:00 - 7:30	Zumba 2 Kyande (6:30-7:30)		Adult Int. Tap (7:00-8:00)	Studio Cycling 10 (6:30-7:30) Janet	7:00 - 7:30									
7:00 - 7:30				Bike/Tone 2 (7:00-8:15) Judy		7:30 - 8:00						7:30 - 8:00					Karate 3 (7:30-8:30)				Judo 5, Club (7:00-9:00)
7:30 - 8:00		Karate 3 (7:30-8:30)				8:00 - 8:30	Gentle Hatha/ Restorative Yoga (7:30-8:30) Carter		Dance 12 Belly Dance II/III (7:30-9:15)			8:00 - 8:30	Crossfire (7:30-8:30) Tony								
8:00 - 8:30		Karate 4 (7:30-9:00) Morris	Dance 17 Modern/Cont. Dance (7:45-9:00)			8:30 - 9:00						8:30 - 9:00		Karate 4 (7:30-9:00) Morris							
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				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		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 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					
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					
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					Fencing 1 Beginning all ages (3:00-4:00)
3:30 - 4:00		EB Dance Wellness (3:15-4:15)				3:30 - 4:00						3:30 - 4:00					Fencing 2 Intermediate all ages (4:00-5:00)
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					
4:30 - 5:00		Ballet 4 Beginning I (4:30-5:25)				4:30 - 5:00		NIA 1 (4:30-5:30) Megan				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				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								
	<b>Session Dates : September 9th - October 27th</b>						<b>Updated: October 4, 2019</b>						