

	Monday - Spring 1 Schedule						Tuesday - Spring 1 Schedule						Wednesday - Spring 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 3 (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							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	Yoga Blend 2 (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) Darryl M.					9:00 - 9:30	Mindful Movement Pilates 2 (9:00-9:45) Gwyn		NIA 2 (9:10-10:10) Megan		
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi				9:30 - 10:00		PlayGroup/CM (9:30-10:15) Gari				9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi	Zumba 3 (10:15-11:10) Carol	GroupStrength (9:45-10:45) Mike	
10:00 - 10:30						10:00 - 10:30			*Begins 3/3*			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				CHILD WATCH	10:30 - 11:00					CHILD WATCH	10:30 - 11:00				CHILD WATCH	
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	Chair Yoga (11:00-11:45) Amy U.					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	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		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	Chair Yoga 2 (12:00-12:45) Matthew	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	Yin Yoga (1:00-2:00) Amy U.	LIVESTRONG (1:00-3:00)				1:00 - 1:30			Zumba Gold (1:15-2:00) Karen			1:00 - 1:30					
1:30 - 2:00						1:30 - 2:00		LIVESTRONG (1:00-3:00)	No Class 2/25 & 3/3-Add 3/31			1:30 - 2:00		LIVESTRONG (1:15-3:00)		Pedaling for Parkinson's (1:30-3:00)	
2:00 - 2:30				Pedaling for Parkinson's (1:30-3:00)		2:00 - 2:30					Move & Learn (1:30-2:30) Kelly	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 (4:30-5:15) Katie			CHILD CARE	4:30 - 5:00					CHILD CARE	4:30 - 5:00			Youth Beg. Tap (4:30-5:15) Katie	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) Darryl M.			5:00 - 5:30	Anusura Yoga (5:00-6:00) Natasha				
5:30 - 6:00	Int. Pilates Mat (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			CHILD WATCH	5:30 - 6:00			Strength Training for Runners (5:30-6:15) Gianna	CHILD WATCH	
6:00 - 6:30							6:00 - 6:30						6:00 - 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		Tai Chi 2 (6:00-6:50) Darryl M.			6:30 - 7:00	Yoga Blend (6:15-7:15) Carol	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	Yoga Blend 4 (7:00-8:00) Matt			Studio Cycling 5 (7:00-8:00) Judy	Judo 3 Int/Adv (6:30-8:00)	7:00 - 7:30				Studio Cycling 10 (6:30-7:30) Janet		7:00 - 7:30					
7:30 - 8:00		Karate 3 (7:30-8:30)	Dance 17 Modern/Cont. Dance (7:45-8:45) Sean			7:30 - 8:00	Gentle Hatha/ Restorative Yoga (7:30-8:30) Carter					7:30 - 8:00	Crossfire (7:30-8:30) Tony	Karate 3 (7:30-8:30)	Time to Tango (7:35-8:35) Matthew	Judo 5, Club (7:00-9:00)	
8:00 - 8:30		Karate 4 (7:30-9:00) Morris				8:00 - 8:30		Dance 12 Belly Dance II/III (7:30-9:15) Grace				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 : February 24 - April 19

	Thursday - Spring 1 Schedule						Friday - Spring 1 Schedule						Saturday - Spring 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						6:00 - 6:30						6:00 - 6:30					
6:30 - 7:00	Mindful Vinyasa Yoga (6:15-7:15) Amy U.					6:30 - 7:00		Step Survival 2 (6:15-7:15) Vanessa/Ko				6:30 - 7:00					
7:00 - 7:30						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		Yoga Blend 3 (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 (8:30-10:00) Liz B. No Class 2/27*					8:30 - 9:00						8:30 - 9:00				Aikido 2 Youth Beg. (8:45-9:30) Richard	
9:00 - 9:30		Beg. Pilates (9:15-10:15) Sara S.	Core Essentials (9:00-9:30)	Studio Cycling 6 (9:15-10:30) Judy		9:00 - 9:30	Slow Flow Yoga (9:20-10:20) Kimberly					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			9:30 - 10:00		Ballet 9 Floor Barre (9:55-10:55)	Karate 2 All Levels Karate Club (9:30-11:00) Clark	Aikido 3 Youth Int. (9:30-10:30) Richard	
10:00 - 10:30					CHILD WATCH	10:00 - 10:30						10:00 - 10:30					
10:30 - 11:00	Beginning Panayama (10:45-11:45) Pam	Int. Pilates (10:30-11:30) Sara S.				10:30 - 11:00	Iyengar Style Yoga (10:30-12:00) Liz B. *No Class 2/28*					10:30 - 11:00				Bikes & Bands (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 2 (11:00-12:00) Megan		11:00 - 11:30	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Lynlee/Linda	Ballet 7 Adult Beg. (11:00-12:00)			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 (12:15-1:00) 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	Kettlebells (12:15-1:00) Chad		12:00 - 12:30					
12:30 - 1:00						12:30 - 1:00	Iyengar Yoga 3 Level 1-2 (12:30-2:00) Marly					12:30 - 1:00		Ballet 6 Adult Cont/Int (12:15-1:30)			
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						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 Beg. Ballet (4:30-5:25) Katie				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	Zumba 6 (5:30-6:30) Andrea		StudioCycling 9 (5:30-6:30) Liz P.		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)				7:00 - 7:30		Karate 5 Advanced (6:30-8:00) Morris				7:00 - 7:30					
7:30 - 8:00	Power Yin 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 : February 24 - April 19						

	Sunday - Spring 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					8:30 - 9:00						
9:00 - 9:30						9:00 - 9:30						
9:30 - 10:00						9:30 - 10:00						
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			Feldenkrais 1. March 1 (10:30-12:00)		10:30 - 11:00							English as a Second Language (ESL) (10:30-12:00) Michigan Rm
11:00 - 11:30		Intermediate Pilates (11:00-12:00) Sara S.			11:00 - 11:30							
11:30 - 12:00			Feldenkrais 2. March 29		11:30 - 12:00					Int. Spanish for Adults (11:30- 12:30) Michigan Rm		
12:00 - 12:30					12:00 - 12:30							
12:30 - 1:00					12:30 - 1:00							
1:00 - 1:30		Fencing 8 Practice Club (12:00-2:30)			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) Grace			4:00 - 4:30							
4:30 - 5:00					4:30 - 5:00							
5:00 - 5:30					5:00 - 5:30							
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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							
	Free Classes in Yellow	Punch Card Eligible	Workshop *Prices may vary*			Updated: March 4, 2020						