

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		Spin (John) ----- eXtreme Workout	Spin (John)	Spin (John) ----- eXtreme Workout	Spin (John)	
8:30AM	Spin ----- Circuit	Zumba (Melissa B)	Spin ----- Circuit	Zumba (Melissa B)	Spin ----- Circuit	
9:00AM	SilverSneakers (Catie)		SilverSneakers (Catie)			eXtreme Workout
9:30AM		Yoga		Yoga	Hatha Yoga (Leslie)	
10:00AM	Water Aerobics (Catie)	Water Aerobics (Catie)	Water Aerobics (Catie)	Water Aerobics (Catie)	Water Aerobics (Catie)	
11:00AM					Chair Yoga (Catie)	
12:00PM	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	
4:30PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	
5:30PM	Zumba (Melissa B) ----- ----- eXtreme Workout	Zumba (Heather) ----- Spin (Bryan) ----- eXtreme Workout	HIIT (Hallie) ----- ----- eXtreme Workout	Zumba (Anna) ----- Spin (Bryan) ----- eXtreme Workout	eXtreme Workout	
6:30PM	HIIT (Hallie) ----- eXtreme Workout	Yoga ----- eXtreme Workout	eXtreme Workout	Yoga ----- eXtreme Workout	eXtreme Workout	
7:00PM						