



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Fit Strength - Kim M. Fit Tread/Row - Michelle Fit Ride - Kara	Fit Cross- Michelle Fit Ride - Wilston	Fit Strength - Kerri Muscle Blast - Joel Fit HIIT Ride - Lisa	Fit Cross - Julie Fit Ride - Michelle	Muscle Blast - Joel Fit Ride - Wilston Tabata - Lyndsay	
5:30AM							(6:00am) Muscle Blast - Joel
6:15 AM		Fit Strength - Lyndsay Open Gym on Turf	Fit Cross - Michelle	Spin Express - Michelle Fit Box & Conditioning - Joel	Fit Cross - Michelle	Fit Row - Jill	Fit on the Run - Julie Fit Ride - Michelle
6:30 AM							
7:15AM		Open Gym (8:30-10:30)	Open Gym (8:30-10:30)	Open Gym (8:30-10:30)	Open Gym (8:30-10:30)	Open Gym (8:30-10:30)	Fit Cross - Michelle
7:30 AM	Fit Barre - Elise						Fit Ride - Wilston Tabata - Toni
8:00AM	Fit Tread - Lisa						
8:30AM		Fit Ride & Core - Lisa Murphy	Fit Ride & Strength - Lisa	Fit Strength - Kim	Fit Row - Lisa	Fit Strength - Michelle	Fit Ride - Kara Fit Strength - Lyndsay
8:45am							
9:00 AM	Super Sweat - Kim D./Kerri				Super Sweat - Kim D.		
9:15AM			Fit Cross - Michelle Cardio Kick & Sculpt - Toni		Cardio Kick & Sculpt - Toni		
9:30AM		Fit Box & Conditioning - Toni Fit Ride & Strength - Michelle		Fit Tread - Toni Fit Ride & Strength - Kim		Fit Tread - Michelle Fit Ride & Core - Kerri	
4:00PM			(6:00) Sports Conditioning - Alice/Lisa	Kids Spin - Kara	Kids Bootcamp - Jill		
6:15PM			Fit Strength EXP - Michelle	Fit Ride - Wilston			
6:30PM		Fit Ride & Strength - Kristen		Fit Cross - Michelle			
6:45PM					Fit Ride - Kara		
7:00PM			Fit Tread EXP - Michelle				
7:30PM					Yoga - Katie		

Open Gym for Monthly Members

Classes in the Cycling Studio

Classes on the Turf or in the Aerobics Room

*Specialty Classes, registration required