



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Fit Strength - Kim Melius Fit Cross - 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	Spin Express - Kristen Fit Row - Jill	Fit on the Run - Julie Fit Ride - Michelle
6:30 AM							
7:15AM							Fit Cross - Michelle Fit Ride - Wilston
7:30 AM	Fit Barre - Elise						
8:00AM	Fit Cross - Lisa M.	Open Gym - 8:30-10:00am	Open Gym - 8:30-10:00am	Open Gym - 8:30-10:00am	Open Gym - 8:30-10:00am	Open Gym - 8:30-10:00am	(8:15) Fit Strength - Lyndsay
8:30AM		Fit Ride & Core - Lisa Murphy	Fit Cross - Lisa Comeau	Fit Strength - Kim Melius	TRX Circuit - Kim Melius Fit Row - Lisa Comeau	Fit Strength - Michelle	Fit Ride - Kara FitRev Sport - Toni
8:45am							
9:00 AM	Yoga - MaryAlice Open Gym 9-10am						
9:15AM		Fit Ride & Strength - Michelle		Fit Ride & Strength - Kim D.			
9:30AM		Fit Box & Conditioning - Toni	Cardio Kick & Sculpt - Toni Fit Cross - Michelle	Fit Cross - Toni	Cardio Kick & Sculpt - Toni Fit Cross - Kim DiCesare	Fit Cross - Michelle Fit Ride & Core - Kerri	
3:45-4:00PM		Strength & Conditioning - Middle School - Mark Cinelli		Kids Spin - Kara Strength & Conditioning - Middle School - Mark Cinelli			
5:00PM		Strength & Conditioning - High School - Mark Cinelli		Strength & Conditioning - High School - Mark Cinelli			
6:15PM				Fit Ride - Wilston			
6:30PM		Fit Ride & Strength - Kristen	Fit Cross - Nichole	Fit Cross - Mark	Fit Ride - Kara		
7:15PM					Yoga - Katie		

### Open Gym for Monthly Members

Classes in the Cycling Studio

\*Specialty Classes, registration required

Classes on the Turf or in the Aerobics Room

