

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	BodyPump 45 min Kristi		Cycling (Jada)			
6:00am						
7:10am		BodyPump 45 min (Michele)		BodyPump 45 min (Michele)		
8:00am	Cycle (Cynthia)				Cycling (Cynthia)	
8:30am						Cycling (Cynthia)
9:00am		Zumba (Mae)	Cycling (Michele)	PiYo (Allison virtual on Facebook)		
9:30am						BodyPump (Jen)
10:00am						Yoga (Ester)
11:00am		Strength & Balance (Sally)		Strength & Balance (Sally)		
5:30pm	BodyCombat (Karin & Jen)	BodyPump (Cynthia)	Zumba (Lindsay)	BodyPump (Jamilia)		
	Cycling (Jamilia)	Cycling (Jada)	Cycling (Jamilia)			