



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>TUESDAY AND THURSDAY AQUA BOOT CAMP MOVES BACK TO 9:00 A.M.</b></p> <p><b>**NEW ON THURSDAYS**</b></p> <p><b>6:00PM AQUA BOOT CAMP BEGINNING AUGUST 9TH</b></p>			<p>1</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN-RPM (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Nancy Kari Cassie Lara Karen Shana Lara Shana Karen Dani Chloe Bill/Linda Lara Erika Bill/Linda Susan Lori Kristi Carlyssa Mary Alex Kristi Sarah Shana Debbie</p>	<p>2</p> <p>6:00 BP (1) 8:00 T&amp;B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&amp;M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p> <p>Nancy Stephanie Lara Eric Lori Cassie Sarah No Class Cassie/Sarah Julie Mary Alex Nancy Kate Linda Sarah Linda Ashley Sommer Ashley Ildiko</p>	<p>3</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat (1)</p> <p>Kate Stephanie Carla Wendy Dani Carla Stephanie Lara Shana Wendy Katie Shana Lori Cassie Julie No Class Sunny Stacie Rebecca</p>	<p>4</p> <p>8:00 BST (1) 8:00 SPIN-RPM (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND(3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)</p> <p>Sunny Meg Pam Stephanie/Megan Danielle Sommer Ashley Megan Sommer Karen Carlyssa Karen</p>
<p>5</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&amp;M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Carla Megan Eric Carla Ashley Linda Danielle/Ashley Linda Allyson Danielle</p>	<p>6</p> <p>6:00 Aqua Boot Camp 6:00 B C/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN-RPM (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Sommer Ashley Nancy Shana Sunny Stephanie Deb Sommer Stephanie Shannon Lori Eric Shannon Lara Meg Pam Dani Alesia Kate Stacie Kate Wendy Danielle/Shannon Carlyssa Ildiko</p>	<p>7</p> <p>6:00 BA (1) 6:00 BF (3) 8:00 T&amp;B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&amp;M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 5:00 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)</p> <p>Shana Lara Stephanie Cindy Shana Dani Cassie Eric Susan Cassie/Stacie Karen K Chloe Shannon Chloe No Class Kari Alesia Mary Alex Karen Mary Alex Megan Rebecca Karen</p>	<p>8</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Nancy Shana Lori Lara Karen Shana Lara Shana Karen Kate Chloe Bill/Linda Stacie Katie Bill/Linda Susan Susan Kristi Dani Ashley Kristi Sarah Alesia No Class</p>	<p>9</p> <p>6:00 BP (1) 8:00 T&amp;B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&amp;M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p> <p>Nancy Wendy Lori Katie Chloe Lara Stephanie No Class Stephanie/Lara Julie Dani Nancy Shannon Shana Sarah Kristi Sommer Ashley Mary Alex Ashley Ildiko</p>	<p>10</p> <p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyAttack (1)</p> <p>Kate Kari Alesia Lori Kristi Carla Alesia Kristi Shana Carla Nancy Lara Wendy Chloe Julie No Class Julie Stacie Stacie</p>	<p>11</p> <p>8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)</p> <p>Carla Nancy Alesia Stephanie/Danielle Carla Kate Eric Megan Eric Susan Ildiko Susan</p>

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown	PYF = Pilates Yoga Fusion	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance		
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

12	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Kate Nancy Kari Chloe Lara Stephanie Deb Shannon Stephanie Shannon Lori Alesia Shannon Cassie Mary Alex Pam Dani Kristi Kate Stacie Kristi Wendy Danielle/Stacie Chris O Ildiko	13	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN-RPM (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Lara Debbie Erika Stephanie Sommer Cassie Eric Susan Cassie/Ashley Karen K Sunny Lara Sunny Debbie Kari Stacie Shana Linda Kristi Ashley Rebecca Linda	14	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Kate Nancy Dani Sunny Karen Carla Lara Carla Karen Lori Lara No Class Cassie Shana Susan Susan Allyson Chloe Meg Chloe Alesia Wendy Debbie	15	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Kate Nancy Dani Sunny Karen Carla Lara Carla Karen Lori Lara No Class Cassie Shana Susan Susan Allyson Chloe Meg Chloe Alesia Wendy Debbie	16	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat (1)	Stephanie Stephanie Katie Eric Wendy Lara Sunny Debbie Lara/Stacie Julie Kate Julie Ashley Mary Alex Alesia Kristi Dani Shannon Sommer Shannon Ildiko	17	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM (1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sommer Shana Carla Sunny Kristi Carla Alesia Kristi Stephanie Alesia Katie Sarah Wendy Debbie Julie Debbie Ashley	18	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM (1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stacie Joe Pam Stacie/Megan Danielle Kate Eric Megan Mary Alex Shana Ildiko Shana
19	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	6:00 Aqua Boot Camp 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Sarah Megan Mary Alex Alesia Rebecca Mary Alex Sheila/Lara Wendy Carlissa Sheila	20	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Sommer Ashley Nancy Chloe Carla Stephanie Deb Carla Stephanie Carla Shana Lori Wendy Lara Erika Pam Carlissa Alesia Shannon Shannon Kate Wendy Ashley/Stacie Chris O Ildiko	21	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Stacie Lara Debbie Cindy Stephanie Chloe Carla Ashley Susan Cassie/Ashley Karen K Shana Sunny Cassie Debbie Kari Stacie Mary Alex Karen Kate Meg Rebecca Karen	22	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Kari Dani Chloe Karen Sunny Lara Shana Karen Shana Lara Bill/Linda Katie Lori Bill/Linda Susan Susan Kristi Fumika Ashley Kristi Sarah Alesia Debbie	23	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyAttack (1)	Nancy Debbie Wendy Katie Lori Cassie Sarah Debbie Lara/Sarah Julie Lara Nancy Stacie Linda Sarah Linda Kate Ashley Sommer Ashley Ildiko	24	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM (1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sommer Nancy Alesia Wendy Stephanie Kristi Kristi Shana Susan Sunny Lori Nancy Lara Katie Debbie Julie Debbie Sarah Debbie Dani Sarah Shannon	25	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM (1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stephanie Sheila Shannon Stephanie/Sheila Kristi Kari Shana Kristi Eric Lori Allyson Linda
26	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Lara Sheila Eric Shana Ashley Shana Ashley/Nancy Linda Dani Linda	27	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN-RPM (2) 8:30 KB (1) 9:00 Aqua Boot Camp 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Nancy Kari Shana Carla Stephanie Deb Carla Stephanie Carla Sunny Eric Chloe Cassie Katie Pam Alesia Allyson Shannon Shannon Kristi Wendy Stacie/Ashley Chris O Ildiko	28	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Kate Lara Stephanie Meg Shana Wendy Cassie Stacie Susan Cassie/Ashley Karen K Sunny Mary Alex Fumika Debbie Alesia Chloe Karen Kristi Megan Linda Karen	29	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Kate Nancy Cassie Lara Karen Shana Karen Dani Sunny Bill/Linda Katie Erica Bill/Linda Susan Susan Kristi Chloe Mary Alex Chloe Sarah Lori Debbie	30	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat (1)	Stephanie Debbie Lori Katie Dani Lara Sarah Debbie Sarah/Lara Julie Chloe Nancy Shana Linda Stephanie Kristi Sommer Shannon Kristi Shannon Ildiko	31	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM (1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sommer Kari Shannon Lori Wendy Carla Kristi Wendy Kate Carla Katie Ashley Lara Debbie Julie Debbie Shana Stephanie Rebecca			