

SPIN / YOGA / PILATES SCHEDULE EFFECTIVE 3/06/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM SUNRISE N' CYCLE ROB	6:45-7:30AM RISE N RIDE AL	6:45-7:30 RIPPED RIDE JOANNE	6:45-7:30AM RISE N RIDE PAM	6:45-7:30 PUMP/PEDAL AL	8:30-9:30 BARRE DAWN O. YOGA STUDIO	
6:45-7:30 SUNRISE YOGA MICHELE	8:00-9:00AM SPIN ROB	8:00-9:00AM SPIN MARIA A.	8:00-9:00AM SPIN ROB	8:00-9:00AM SPIN MARIA A.	8:00-9:00AM SPIN MARIA A./LAURIE K.	8:00-9:00AM SPIN ILENE
7:30-8:30AM RISE N RIDE MICHELE	9:30-10:30 AM PILATES-BARRE FUSION MICHELE	9:30-10:30AM SPIN ILENE M.	9:30-10:30AM SPIN ROB	9:30-10:30AM SPIN LAURIE	9:30-10:30AM SPIN ILENE	9:15-10:15AM SPIN ILENE
8:30-9:15AM T.L.C. TRI-LEGS-CORE HEATHER (YOGA STUDIO)	9:30-10:30 AM SPIN LAURIE K.	11:00-12:00PM PILATES GAIL	9:30-10:45AM ALIGN&REFINE PILATES KIM (MAIN STUDIO)	9:30-10:30AM VINYASA FLOW ANITA	9:30-10:30AM KRIPALU YOGA LORILI	10:00-11:00AM YOGA ANITA
9:30-10:30AM SPIN HEATHER	11:00-12:00 PM R+R+Ex EQUALS BALANCE NANCY	12:30-1:30PM KRIPALU RESTORATIVE FUSION YOGA LORILI	9:30-10:30 BARRE DAWN O. (YOGA STUDIO)	LUNCHTIME YOGA 12:30-1:30 PM MICHELE	10:30-11:30 AM RESTORATIVE YOGA W/ROLLER DANA	11:00-12:00PM YOGA FOR THE SOUL ANITA
9:30-10:30AM ASHTANGA VINYASA DAWN O.	12:00-1:00 PM EGOSCUE KIM S.		12:00- 1:00PM TAI CHI NANCY C.			
12:30-1:30PM YOGA MICHELE	4:30-5:30 PM BARRE DAWN O.			CANCELLED 4:30-5:30PM YIN YOGA		
5:45-6:45PM YOGA ANITA	5:300-6:30 PM KRIPALU REBECCA	6:00-7:00PM RELAX & UNWIND YOGA REBECCA	6:00-7:00PM SPIN ROB			
	6:00-7:00PM SPIN ROB					