

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Classes		<u>Spin</u> 6:00-7:00 Kelly		<u>Spin</u> 6:00-7:00 Kelly		<u>Spin</u> 9:00-10:00 Kelly	
						<u>Hangover Helper</u> 10:00-11:00 Ryne	
						<u>Zumba Rocks</u> 11:30-12:30 Sharon	
PM Classes	<u>ABS Express</u> 6:00-6:30 Jerome	<u>Body Mechanix</u> 6:00-7:00 Ryne					
	<u>IRon Body Bootcamp</u> 7:00-8:00 Ron	<u>Samba Dance</u> 7:00-8:00	<u>IRon Body Bootcamp</u> 7:00-8:00 Ron				<u>Stretch Therapy</u> 4:30-5:30 Mark H.
		<u>Zumba Rocks</u> 8:00-9:00 Sharon		<u>Zumba Rocks</u> 8:00-9:00 Sharon			

