

Effective January 7th, 2019 - Instructor substitutions may be made without prior notice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7:00 - 7:55 <b>CYCLING</b> Fran	7:00 - 7:55 <b>CYCLING</b> Mike	7:00 - 7:55 <b>CYCLING</b> Eddy	7:00 - 7:55 <b>CYCLING</b> Mike	7:00 - 7:55 <b>CYCLING</b> Eddy		
7:00 7:30		7:00 - 7:55 <b>INSANITY</b> Tracie		7:00 - 7:55 <b>P90X</b> Tracie		7:00 - 7:55 <b>CYCLING</b> Eddy	7:30 - 8:25 <b>CYCLING</b> Kanchan
8:00 8:30 9:00	9:00 - 9:45 <b>H.I.I.T</b> Group PT Eddie	8:00 - 8:45 <b>H.I.I.T</b> Group PT Eddie	9:00 - 9:45 <b>H.I.I.T</b> Group PT Eddie	8:00 - 8:45 <b>H.I.I.T</b> Group PT Eddie	9:00 - 9:45 <b>H.I.I.T</b> Group PT Alex	8:00 - 8:55 <b>H.I.I.T</b> Group PT Eddie	8:30 - 9:15 <b>H.I.I.T</b> Group PT Alex
9:00			9:00 - 9:55 <b>ZUMBA</b> FITNESS Arlin		9:00 - 9:55 <b>ZUMBA</b> FITNESS Jenny	9:00 - 9:55 <b>CYCLING</b> Eddy	
9:00 9:30	9:00 - 9:55 <b>CYCLING</b> Mike	9:00 - 9:55 <b>CYCLING</b> Mike	9:00 - 9:55 <b>CYCLING</b> Eddy	9:00 - 9:55 <b>CYCLING</b> Mike	9:00 - 9:55 <b>CYCLING</b> Eddy	9:30 - 10:25 Yoga Yogi	9:00 - 9:55 <b>CYCLING</b> Kanchan
10:00	10:00 - 10:55 Yoga Laurie		10:00 - 10:55 Yoga Lily			10:00 - 10:55 <b>ZUMBA</b> FITNESS Marisela	
10:30 12:00	12:00 - 12:55 <b>ZUMBA</b> FITNESS P.D.F Arlin			12:00 - 12:55 <b>ZUMBA</b> FITNESS P.D.F Arlin			



4:00 4:30	4:00 - 4:55 Yoga Yogi			4:30 - 5:25 <b>ZUMBA</b> FITNESS Debbie		<p><b>Key</b></p> <p><b>BOLD</b> = Time change or New Class!</p> <p>Light Grey = Mind &amp; Body Studio Cycling = 1st Floor Cycling Studio H.I.I.T Classes = Yoga Studio</p> <p>All other classes in Aerobics Studio</p> <p>Are you interested in taking group fitness classes but need some guidance in getting started. Contact Brian Lee for assistance: 609.344.8603</p>
5:00			5:00 - 5:55 Yoga Liz			
5:30	5:30 - 6:25 <b>ZUMBA</b> FITNESS Jenny	5:30 - 6:25 <b>ZUMBA</b> FITNESS Marisela	5:30 - 6:15 <b>H.I.I.T</b> Group PT Keith		5:30 - 6:15 <b>H.I.I.T</b> Group PT Johnny	
5:30	5:30 - 6:25 <b>CYCLING</b> Eddy		5:30 - 6:25 Cycling Express Samantha	5:30 - 6:25 Cycling Express Samantha		
6:00	6:00 - 6:45 <b>H.I.I.T</b> Group PT Keith	6:00 - 6:45 <b>H.I.I.T</b> Group PT Keith		6:00 - 6:45 <b>H.I.I.T</b> Group PT Keith		

