Group Training 100 Feb 24 - Mar 1, 2020

			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am BARRE CLARE	5:45-6:45am H.I.I.T. KTP		5:45-6:45AM MetaCardio MashUp KTP			
8:15-9:15AM	8:00-9:00AM	8:00-9:00am	8:00-9:00AM	8:00-9:00AM	8:00-8:50am	8:15-9:00am
Body Work KTP	CLIMB BRIAN	Body Condtioning ANN	Step ANN	H.I.I.T. KTP	WERQ KASIA	Body Conditioning 45 C.R.
9:15-10:00am	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:00-10:00AM	9:15-10:15am
Pilates Interval Training	MetaCardio Mix	ZUMBA	Body Conditioning	ZUMBA	Step Special	POWER Yoga
CLARE	LINDA U 10:30-11:15	KRISTEN 10:15-11:15AM	ANN 10:30-11:30AM	KRISTEN 10:30am Basic Cardio	LISA 10:00-11:00AM	AUTUMN
	TRX Suspension LINDA U	BARRE Fitness EMILY B	CLIMB BRIAN	MOVED to BOOTCAMP AREA	Body Conditioning LISA	
11:15AM-12:15PM Senior Balance,	11:45AM-12:30PM	11:15AM-12:15PM Senior Strength	11:45am-12:45pm	11:45AM-12:30PM		
Strength & Stretch	Body Condtioning	& Stretch	Chair Yoga	CLIMB		
ANN	MAUREEN 1:00-2:00pm	ANN	KIM Th 1:00-2:00pm	BRIAN		12:30-1:30pm
	Mat Pilates AMY K		Mat Pilates AMY K			Barre Intensity CARRIE
	4:30-5:30pm			5:00-5:45pm		
	PiYo CLARE			Pilates Interval Training CLARE		
5:45-6:45PM	5:45-6:45pm	5:45-6:45pm	5:45-6:45pm	OLARE		
ZUMBA	BARRE: Ab Intensive	WERQ	Strength & Sculpt			
KRISTEN 6:45-7:45PM	CLARE 7:00-8:00PM	KASIA 7:00-8:00PM	KTP 7:00-8:00PM			
Body Conditioning	H.I.I.T.	CLIMB	MetaCardio MashUp			
MAUREEN	KTP	BRIAN	KTP			
			CLING STUDIO			-
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	8:00-9:00AM	SUNDAY
	8:00-8:45AM Basic Cycle	5:45-6:45AM CZ UNSTOPPABLE	8:00-8:45AM RIDE 45	5:45-6:45AM CycleZone CRANK IT UP	CZ LOTSA TABATA	8:30-9:30AM CycleZone
	LINDA D	LINDA D	LINDA D	LINDA D	KTP	TIFFANY
9:15-10:45AM Cycle + Circuit TIFFANY		9:15-10:15AM CZ Midweek Climb TIFFANY		9:15-10:15AM CycleZone H.I.I.T. AMY C		
HEFANT	5:45-6:45PM	HEFANT	5:45-6:45PM	AIVITC		
	CycleZone HILARY		CycleZone HILARY			
WRAPS/GLOVES REQUIR	RED FOR ALL BOXING/KB	BOOT	CAMP / BOXING	WRAPS OR GLOVES RE	QUIRED FOR ALL BOXING	KICKBOXING CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:00AM Ultimate Bootcamp KEVIN		No Cardio KickBoxing
9:05-10:00AM Total Training Bootcamp LINDA U.	No Kickboxing 45	9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am No Kickboxing 45 CAT	9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Total Training Bootcamp LINDA U	10:15-11:15am Total Training Bootcamp LINDA U
						LINDAU
No Kickboxing 45		No Kickboxing 45		10:30-11:30AM Basic Cardio LINDA U	No Cardio KickBoxing	
	6:35-7:30PM		6:35-7:30PM	Basic Cardio		
No Kickboxing 45	6:35-7:30PM Ultimate Bootcamp KEVIN		6:35-7:30PM Utimate Bootcamp KEVIN	Basic Cardio		
	Ultimate Bootcamp		Ultimate Bootcamp	Basic Cardio		IR3: infrared at 80-86
No Cardio KickBoxing	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY	No Kickboxing 45	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY	Basic Cardio LINDA U	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY	
No Cardio KickBoxing	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2)	No Kickboxing 45	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2)	Basic Cardio LINDA U	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs	IR3: infrared at 80-86
No Cardio KickBoxing	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM	Basic Cardio LINDA U	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM	IR3: infrared at 80-86
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) CSUZY 9:15-10:30AM Ashtanga (IR3)	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) CSUZY 9:15-10:30AM Art of Vinyasa (IR3)	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3)	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) \$SUZY 9:15-10:30AM Ashtanga (IR3) \$SUZY	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI SHERI	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) \$SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) \$SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U.	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00arr-12:15pm Hatha Yoga KAVITHA	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T 5:45-6:45PM Slow Flow	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM (R2)	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3)	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 4.Shamaga (IR1)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ▲ ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T 5:45-6:45PM Slow Flow LINDA T 7:00-8:15pm	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha CHARLES	No Kickboxing 45	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 4.Shamaga (IR1)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ▲ ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T 5:45-6:45PM Slow Flow LINDA T 7:00-8:15pm	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) € SUZY 9:15-10:30AM Ashtanga (IR3) © SUZY 10:45-11:45AM Hatha CHARLES	No Kickboxing 45	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3) AUTUMN	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 4.Shamaga (IR1)
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T 5:45-6:45PM Slow Flow LINDA T 7:00-8:15pm Intermediate Flow KAVITHA	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) € SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha CHARLES €:45-8:00pm StrongCore/HealthyBack KAVITHA	No Kickboxing 45	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3) AUTUMN POOL	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga MIMI	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga ANN	IR3: infrared at 80-86 SUNDAY Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm Ashtanga (IR1) AUTUMN
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ▲ ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T 7:00-8:15pm Intermediate Flow KAVITHA MONDAY	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha CHARLES	No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo LINDA U. 6:00-7:00PM Yin (IR2) KARYN 7:15-8:15PM Slow Flow AUTUMN WEDNESDAY	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3) AUTUMN	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga MIMI	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY Back Flow (IR1) TrKARYN 10:00-11:00AM Slow Flow (IR2/3) TRARYN Ashtanga (IR1) AUTUMN SUNDAY
No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM Healthy Backs LINDA T 5:45-6:45PM Slow Flow LINDA T 7:00-8:15pm Intermediate Flow KAVITHA	Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) € SUZY 9:15-10:30AM Ashtanga (IR3) SUZY 10:45-11:45AM Hatha CHARLES €:45-8:00pm StrongCore/HealthyBack KAVITHA	No Kickboxing 45	Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3) AUTUMN POOL	Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM Gentle Yoga MIMI	No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM Hatha Yoga ANN	IR3: infrared at 80-86 SUNDAY Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm Ashtanga (IR1) AUTUMN

★ infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86

Group Training 100 March 2 - 8, 2020

		STUDIO A			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am H.I.I.T. KTP		5:45-6:45AM MetaCardio MashUp			
8:00-9:00AM	8:00-9:00am	8:00-9:00AM	8:00-9:00AM	8:00-8:50am	8:15-9:00am
CLIMB	Body Condtioning	Step	H.I.I.T.	WERQ	Body Conditioning 45
					C.R. 9:15-10:15am
					9.15-10.15am
AMY C	KRISTEN	ANN	KRISTEN	TERRY	CLARE
			10:30am Basic Cardio		
	11:15AM-12:15PM	Brand		TERRY	
	Senior Strength	11:45am-12:45pm			
	JUZAININE		DRIAN		12:30-1:30pm
Mat Pilates AMY K		Mat Pilates AMY K			Barre Intensity CARRIE
5:45-6:45pm	5:45-6:45PM	5:45-6:45pm	OE/IIIL		
BARRE	ZUMBA	Strength & Sculpt			
	CLIMB				
KTP	BRIAN	KTP			
	CI	CLING STUDIO			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45AM	5:45-6:45AM	8:00-8:45AM	5:45-6:45AM	8:00-9:00AM	8:30-9:30AM
					Cycle TIFFANY
LINDA D		LINDA D		NIP	HEFANT
	Cycle		Cycle 80s, 90s, & Today		
5 45 0 45DM	TIFFANY	5 45 0 45DM	AMY C		
Cycle Sprints & Hills		Cycle			
RED FOR ALL BOXING/KB	BOOT		WRAPS OR GLOVES RE	QUIRED FOR ALL BOXING	KICKBOXING CLASSES
TUESDAY					SUNDAY
6:15-7:00AM	6:00-7:00am		6:05-7:00AM	0.1101.2711	00112711
LED Boxing BO	Best of Both Worlds BO		Ultimate Bootcamp KEVIN		No Cardio KickBoxing
1	9:05-10:00AM		9:05-10:00AM	7:25-8:25am	10:15-11:15am
			Ulltimate Bootcamp	Total Training Bootcamp	Total Training Bootcame
No Kickboxing 45	Total Training Bootcamp LINDA U.	NO KICKDOXING 45	KEVIN	LINDA U	LINDA U
No Kickboxing 45		NO KICKDOXING 45			
	LINDĂ U.	-	KEVIN 10:30-11:30AM Basic Cardio	LINDA U	
No Kickboxing 45 6:35-7:30PM Ultimate Bootcamp KEVIN	LINDĂ U.	6:35-7:30PM Ultimate Bootcamp KEVIN	KEVIN 10:30-11:30AM Basic Cardio	LINDA U	
6:35-7:30PM Ultimate Bootcamp	LINDĂ U.	6:35-7:30PM Ultimate Bootcamp	KEVIN 10:30-11:30AM Basic Cardio	LINDA U	
6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY	LINDĂ U. No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY	KEVIN 10:30-11:30AM Basic Cardio LINDA U	LINDĂ U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY	
6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2)	LINDÄ U. No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2)	KEVIN 10:30-11:30AM Basic Cardio LINDA U INDA U	LINDĂ U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs	LINDĂ U
6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM	LINDĂ U. No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM	KEVIN 10:30-11:30AM Basic Cardio LINDA U INDA U	LINDĂ U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM	LINDĂ U
6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3)	LINDĂ U. No Kickboxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM Art of Vinyasa (IR3)	KEVIN 10:30-11:30AM Basic Cardio LINDA U IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow	LINDĂ U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs MJ 9:15-10:30AM 9:15-10:30AM Vinyasa (IR3+)	LINDĂ U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR2)
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★ infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86