Group Training 100 March 9 - 15, 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 Body Work	8:00-9:00AM CLIMB	8:00-9:00am Body Condtioning	8:00-9:00AM Step	8:00-9:00AM H.I.I.T.	8:00-8:50am WERQ	8:15-9:00am Body Conditioning 45
SUZANNE	BRIAN	ANN	ANN	KTP	KASIA	C.R.
9:15-10:00am Pilates Interval Training	9:15-10:15AM MetaCardio Mix	9:15-10:15AM ZUMBA	9:15-10:15AM Body Conditioning	9:15-10:15AM ZUMBA	9:00-10:00AM Step Special	9:15-10:15am PiYo
CLARE	LINDA U	EMILY M	ANN	KRISTEN	LISA	CLARE
	10:30-11:15 TRX Suspension LINDA U	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM CLIMB BRIAN	10:30am Basic Cardio MOVED to BOOTCAMP AREA	10:00-11:00AM Body Conditioning LISA	
11:15AM-12:15PM		11:15AM-12:15PM			LION	
Senior Balance, Strength & Stretch ANN	11:45AM-12:30PM Body Condtioning MAUREEN	Senior Strength & Stretch SUZANNE	11:45am-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM CLIMB BRIAN		
	No Mat Pilates (returns next week)		No Mat Pilates (returns next week)			12:30-1:30pm Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			5:00-5:45pm Pilates Interval Training CLARE		
5:45-6:45pm WERQ KASIA	5:45-6:45pm BARRE CLARE	5:45-6:45pm WERQ KASIA	5:45-6:45pm Strength & Sculpt KTP			
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. KTP	7:00-8:00PM CLIMB BRIAN	7:00-8:00PM MetaCardio MashUp KTP			
			CLING STUDIO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45AM Basic Cycle LINDA D	5:45-6:45AM ACTION Cycle LINDA D	8:00-8:45AM RIDE 45 LINDA D	5:45-6:45AM Cycle BURN LINDA D	8:00-9:00AM Cycle HILLS w/ DRILLS KTP	8:30-9:30AM St Patty's Cycle TIFFANY
9:15-10:45AM Cycle + Circuit TIFFANY	LINDITO	9:15-10:15AM Cycle HIIT the HILLS TIFFANY		9:15-10:15AM Cycle HIIT IT! AMY C		
	5:45-6:45PM Cycle HILARY		5:45-6:45PM Cycle HILARY			
WRAPS/GLOVES REQUIR	ED 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	No LED Boxing	6:00-7:00am <mark>Total Training Bootcamp</mark>		6:05-7:00AM Ultimate Bootcamp		No Cardio KickBoxing
NEVIN		LINDA U.		KEVIN		_
9:05-10:00AM Total Training Bootcamp LINDA U.	No KickBoxing 45	LINDA U. 9:05-10:00AM Total Training Bootcamp LINDA U.	No KickBoxing 45	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
9:05-10:00AM Total Training Bootcamp	No KickBoxing 45	9:05-10:00AM Total Training Bootcamp	No KickBoxing 45	9:05-10:00AM Ultimate Bootcamp	Total Training Bootcamp	Total Training Bootcamp
9:05-10:00AM Total Training Bootcamp LINDA U.	No KickBoxing 45	9:05-10:00AM Total Training Bootcamp LINDA U.	No KickBoxing 45 6:35-7:30PM Ultimate Bootcamp	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio	Total Training Bootcamp LINDA U	Total Training Bootcamp
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN	9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45	6:35-7:30PM Ultimate Bootcamp KEVIN	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing	Total Training Bootcamp
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80	9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80	Total Training Bootcamp LINDA U IR3: infrared at 80-86
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2)	9:05-10:00AM Total Training Bootcamp LINDA 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)	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs	Total Training Bootcamp
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY	6:35-7:30PM Ultimate Bootcamp KE VIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) ★SUZY	9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) ➤SUZY	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3)	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 Ashtanga (IR3)	9:05-10:00AM Total Training Bootcamp LINDA 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) 9:15-10:30AM Art of Vinyasa (IR3)	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow	IR2: infrared at 76-80 IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3)	Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Ashtanga (IR3) SUZY	9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Art of Vinyasa (IR3) SUZY	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN	IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI	Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga	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 Ashtanga (IR3) SUZY 10:45-11:45AM Hatha	9:05-10:00AM Total Training Bootcamp LINDA U. 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	6:35-7:30PM 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	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	IR2: infrared at 76-80 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	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) MCKARYN 10:00-11:00AM Slow Flow (IR2/3)
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am	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 Ashtanga (IR3) SUZY 10:45-11:45AM	9:05-10:00AM Total Training Bootcamp LINDA U. 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	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) SUZY 11:00am-12:15pm	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM	IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs SHERI 9:15-10:30AM Vinyasa (IR3) SHERI 11:00AM-12:00PM	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 11:15am-12:30pm
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 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	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 Ashtanga (IR3) SUZY 10:45-11:45AM Hatha	9:05-10:00AM Total Training Bootcamp LINDA U. 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.	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) >SUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM	IR2: infrared at 76-80 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	Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1 7:KARYN 10:00-11:00AM Slow Flow (IR2/3) 7:KARYN 11:15am-12:30pm
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 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	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 Ashtanga (IR3) SUZY 10:45-11:45AM Hatha CHARLES	9:05-10:00AM Total Training Bootcamp LINDA U. 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	6:35-7:30PM 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	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE 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	IR2: infrared at 76-80 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	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 11:15am-12:30pm
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 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	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 Ashtanga (IR3) SUZY 10:45-11:45AM Hatha	9:05-10:00AM Total Training Bootcamp LINDA U. 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	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) YSUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3)	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE 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	IR2: infrared at 76-80 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	Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1 KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 4 Shatanga (IR1)
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 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	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 Ashtanga (IR3) ↓SUZY 10:45-11:45AM Hatha CHARLES 6:45-8:00pm StrongCore/HealthyBack	9:05-10:00AM Total Training Bootcamp LINDA U. 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	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) YSUZY 9:15-10:30AM Art of Vinyasa (IR3) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3)	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE 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	IR2: infrared at 76-80 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	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) KARYN 10:00-11:00AM Slow Flow (IR2/3) KARYN 11:15am-12:30pm 11:15am-12:30pm
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA Healthy Backs LINDA T 7:00-8:15pm Intermediate Flow KAVITHA MONDAY	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 Ashtanga (IR3) ↓SUZY 10:45-11:45AM Hatha CHARLES 6:45-8:00pm StrongCore/HealthyBack	9:05-10:00AM Total Training Bootcamp LINDA U. 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 Slow Flow KARYN WEDNESDAY	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) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3) AUTUMN	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 0:33-01:30AM Hatha Yoga ANN Gentle Yoga MIMI	IR2: infrared at 76-80 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	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY Back Flow (IR1) X KARYN 10:00-11:00AM Slow Flow (IR2/3) X KARYN 11:15am-12:30pm Ashtanga (IR1) AuTUMN SUNDAY
9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 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	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 Ashtanga (IR3) SUZY 10:45-11:45AM Hatha CHARLES CHARLES \$ CHARLES \$ CHARLES	9:05-10:00AM Total Training Bootcamp LINDA U. 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 KARYN	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) SUZY 11:00am-12:15pm Hatha Yoga KAVITHA 6:45-8:00pm VINYASA (IR3) AUTUMN	9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE 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	Total Training Bootcamp LINDA U 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	Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1) CALL CONTINUE 10:00-11:00AM Slow Flow (IR2/3) CALL CONTINUE Ashtanga (IR1) Ashtanga (IR1) AUTUMN

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

Group Training 100 March 16 - 22, 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	CLIMB	Body Conditioning	Step	H.I.I.T.	WERQ	Body Conditioning 45
SUZANNE 9:15-10:00am	BRIAN 9:15-10:15AM	ANN 9:15-10:15AM	ANN 9:15-10:15AM	KTP 9:15-10:15AM	KASIA 9:00-10:00AM	C.R. 9:15-10:15am
Pilates Interval Training	MetaCardio Mix	ZUMBA	Body Conditioning	ZUMBA	Step Special	PiYo
CLARE	AMY C	KRISTEN	ANN	KRISTEN	LISA	CLARE
	10:30-11:15 TRX Suspension AMY C	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM CLIMB BRIAN	10:30am Basic Cardio MOVED to BOOTCAMP AREA	10:00-11:00AM Body Conditioning LISA	
11:15AM-12:15PM	44-50AM 40-05DM	11:15AM-12:15PM	44:45	44:45 AM 40:00 DM		
Senior Balance, Strength & Stretch ANN	11:50AM-12:35PM Body Condtioning 45 MAUREEN	Senior Strength & Stretch SUZANNE	11:45am-12:45pm Chair Yoga KIM Th	11:45AM-12:30PM CLIMB BRIAN		
	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K			12:30-1:30pm Barre Intensity CARRIE
	4:30-5:30pm PiYo CLARE			5:00-5:45pm Pilates Interval Training CLARE		
5:45-6:45PM	5:45-6:45pm	5:45-6:45PM	5:45-6:45pm	GLARE		
ZUMBA KRISTEN	Barre: Seated Intensive CLARE	WERQ KASIA	Strength & Sculpt KTP			
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM H.I.I.T. KTP	7:00-8:00PM CLIMB BRIAN	7:00-8:00PM MetaCardio MashUp KTP			
MADICELI	KII		CLING STUDIO			
MONDAY	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
	Basic Cycle		RIDE 45	Cycle Don't Look Back		Cycle HIIT the Hills
9:15-10:45AM	LINDA D	LINDA D 9:15-10:15AM	LINDA D	LINDA D 9:15-10:15AM	KTP	TIFFANY
Cycle + Circuit TIFFANY		Cycle All Terrain TIFFANY		Cycle March MADNESS AMY C		
	5:45-6:45PM Cycle Hills w/ Drills HILARY		5:45-6:45PM Cycle HILARY			
WRAPS/GLOVES REQUI	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		6:00-7:00am		0.05 7.00414		
Ultimate Bootcamp KEVIN	No LED Boxing	Total Training Bootcamp		6:05-7:00AM Ultimate Bootcamp KEVIN		No Cardio KickBoxing
KEVIN 9:05-10:00AM Total Training Bootcamp	_	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp	No KickBoxing 45	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp		10:15-11:15am Total Training Bootcamp
KEVIN 9:05-10:00AM	_	Total Training Bootcamp KTP 9:05-10:00AM	No KickBoxing 45	Ultimate Bootcamp KEVIN 9:05-10:00AM		10:15-11:15am
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45	6:35-7:30PM	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45	6:35-7:30PM	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio	Total Training Bootcamp LINDA U	10:15-11:15am Total Training Bootcamp
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN	6:35-7:30PM Ultimate Bootcamp KEVIN	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing	10:15-11:15am Total Training Bootcamp LINDA U
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80	10:15-11:15am Total Training Bootcamp LINDA U
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN IR3: infrared at 80-86 WEDNESDAY	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY	10:15-11:15am Total Training Bootcamp LINDA U
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN	6:35-7:30PM Uttimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) ↓ SUZY	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80	10:15-11:15am Total Training Bootcamp LINDA U
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 6:00-9:00AM Therapeutic Yoga (IR2) JCSUZY 9:15-10:30AM	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) YSUZY 9:15-10:30AM	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM TH 9:15-10:30AM	10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY	No KickBoxing 45 0	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN 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)	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM TH 9:15-10:30AM Vinyasa (IR3+)	10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR2)
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY	6:35-7:30PM Ultimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 6:00-9:00AM Therapeutic Yoga (IR2) JCSUZY 9:15-10:30AM	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM	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) SUZY 11:00am-12:15pm	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM TH 9:15-10:30AM Vinyasa (IR3+) KIM TH 11:00AM-12:00PM	10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR2) KARYN 10:00-11:00AM
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga	No KickBoxing 45 No KickBoxing 45 Itimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Art of Vinyasa (IR3) SU2Y 9:15-10:30AM Art of Vinyasa (IR3) SU2Y 10:45-11:45AM Hatha	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM PiYo	6:35-7:30PM 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	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM TH 9:15-10:30AM Vinyasa (IR3+) KIM TH 11:00AM-12:00PM Hatha Yoga	10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY B:45-9:45AM Healthy Back Flow (IR2) KARYN 10:00-11:00AM Slow Flow (IR2)
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 No Cardio KickBoxing IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA	No KickBoxing 45 0 No KickBoxing 45 0 6:35-7:30PM Ultimate Bootcamp KE VIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) ★ SUZY 9:15-10:30AM Art of Vinyasa (IR3) ★ SUZY 10:45-11:45AM	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN IR3: infrared at 80-86 WEDNESDAY 8:00-9:00AM Healthy Backs KELLY 9:15-10:15AM HATHA KELLY 10:30-11:30AM	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) SUZY 11:00am-12:15pm	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN	Total Training Bootcamp LINDA U No Cardio KickBoxing IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM TH 9:15-10:30AM Vinyasa (IR3+) KIM TH 11:00AM-12:00PM	10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY Healthy Back Flow (IR2) ★KARYN 10:00-11:00AM Slow Flow (IR2) ★KARYN
KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. No KickBoxing 45 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	No KickBoxing 45 No KickBoxing 45 Itimate Bootcamp KEVIN IR2: infrared at 76-80 TUESDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Art of Vinyasa (IR3) SU2Y 9:15-10:30AM Art of Vinyasa (IR3) SU2Y 10:45-11:45AM Hatha	Total Training Bootcamp KTP 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm KickBoxing 45 MAUREEN 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.	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) ¥SUZY 9:15-10:30AM Art of Vinyasa (IR3) ¥SUZY 11:00am-12:15pm Hatha Yoga KAVITHA	Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 10:30-11:30AM Basic Cardio SUZANNE IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM TH 9:15-10:30AM Vinyasa (IR3+) KIM TH 11:00AM-12:00PM Hatha Yoga	10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY B:45-9:45AM Healthy Back Flow (IR2) KARYN 10:00-11:00AM Slow Flow (IR2)
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★ infrared heat: IR1: infrared at 70-76, IR2: infrared at 76-80, IR3: infrared at 80-86