Group Training 100 Dec 23 - 29, 2019

			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am BARRE			5:45-6:45AM MetaCardio MashUp			
CLARE	CHRISTMAS EVE	CHRISTMAS DAY	KTP 🗡			
8:15-9:15AM	CLUB HOURS:	CLUB CLOSED	8:00-9:00AM Step	8:00-9:00AM H.I.I.T.	8:00-8:50am WERQ	8:15-9:00am
Body Work SUZANNE	5:30am-1pm		ANN	KTP •	KASIA	Body Conditioning 45 C.R.
9:15-10:00am			9:15-10:15AM	9:15-10:15AM	9:00-10:00AM	9:15-10:15am
Pilates Interval Training CLARE			Body Conditioning ANN	ZUMBA KRISTEN	Step Special LISA	PiYo CLARE
10:15-11:15AM	9:15-10:15am		10:30-11:30AM		10:00-11:00AM	OE/ II C
Cardio Circuit DEBBIE	Holiday Build & Burn AMY C		CLIMB BRIAN	No Basic Cardio	Body Conditioning LISA	
11:15AM-12:15PM	AWITO				LIOA	
Senior Balance, Strength & Stretch			11:45am-12:45pm Chair Yoga	11:45AM-12:30PM CLIMB		
DEBBIE			KIM Th	BRIAN		
			1:00-2:00pm Mat Pilates			12:30-1:30
			AMY K			Barre Intensity CARRIE
				4:30-5:15pm		
				Pilates Interval Training CLARE		
5:45-6:45PM			5:45-6:45pm	5:45-6:45pm		
ZUMBA KRISTEN			Strength & Sculpt KTP	WERQ KASIA		
6:45-7:45PM			7:00-8:00PM	TOTOLA		
Body Conditioning MAUREEN	U		MetaCardio MashUp KTP ♥			
IVIAUREEN		C,	YCLING STUDIO	- HEART RATE MONI	ITORING AVAILABLE IN AI	LL CYCLE CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:15am		8:00-9:00AM	5:45-6:45AM	8:00-9:00AM	
	Cycle + Core TIFFANY		CycleZone LET'S RIDE LINDA D	CycleZone LINDA D	CycleZone TABATA KTP	No CycleZone
9:15-10:15AM	9:30-10:30am		21113713	9:15-10:15AM		
CZ CHRISTMAS HITS TIFFANY	CycleZone HILARY	HAPPY HOLIDAYS!!		CycleZone AMY C		
HEFANT	HILANT		5:45-6:45PM	AIVITC		
			CycleZone 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	TUESDAY 6:15-7:00am	WEDNESDAY	THURSDAY	FRIDAY 6:05-7:00AM	SATURDAY	9:00-10:00AM
6:05-7:00AM Ultimate Bootcamp	6:15-7:00am LED Boxing	WEDNESDAY	THURSDAY	6:05-7:00AM Ultimate Bootcamp	SATURDAY	9:00-10:00AM Cardio KickBoxing
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM	6:15-7:00am LED Boxing Bo 8:30-10:00am	WEDNESDAY	9:15-10:00am	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM	7:25-8:25am	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell	WEDNESDAY	9:15-10:00am KickBoxing 45	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp	7:25-8:25am Ultimate Bootcamp	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm	6:15-7:00am LED Boxing Bo 8:30-10:00am	WEDNESDAY	9:15-10:00am	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp	WEDNESDAY	9:15-10:00am KickBoxing 45	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp	Wednesday	9:15-10:00am KickBoxing 45	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp	WEDNESDAY Warm D	9:15-10:00am KickBoxing 45	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp	Webnesday Warm Wishes	9:15-10:00am KickBoxing 45	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp	Warm	9:15-10:00am KickBoxing 45	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U	Warm D Wishes	9:15-10:00am KickBoxing 45 CAT	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U	Warm D Wishes	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY 8:00-9:00AM	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2)	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U IR2: infrared at 76-80 TUESDAY 8:30-10:00am	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM	G:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN IR1: infrared at 70-76 FRIDAY	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM Th 9:15-10:30AM	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcamp LINDA U IR3: infrared at 80-86 SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U IR2: infrared at 76-80 TUESDAY 8:30-10:00am Therapeutic Slow Flow	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) 9:15-10:30AM Art of Vinyasa (IR3)	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow	7:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM Th 9:15-10:30AM Vinyasa (IR3+)	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR2)
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U IR2: infrared at 76-80 TUESDAY 8:30-10:00am Therapeutic Slow Flow SUZY 10:45-11:45am	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM	G:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN IR1: infrared at 70-76 FRIDAY	T:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY 8:00-9:00AM Healthy Backs KIM Th 9:15-130AM Vinyasa (IR3+) KIM Th 11:00AM-12:00PM	9:00-10:00AM Cardio KickBoxing CAT 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
6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U IR2: infrared at 76-80 TUESDAY 8:30-10:00am Therapeutic Slow Flow SUZY 10:45-11:45am Hatha Yoga	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) \$\times\$UZY 9:15-10:30AM Art of Vinyasa (IR3) \$\times\$UZY 11:00am-12:15pm Hatha Yoga	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	T:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT 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	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR2) TARYN 10:00-11:00AM Slow Flow (IR2)
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6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U IR2: infrared at 76-80 TUESDAY 8:30-10:00am Therapeutic Slow Flow SUZY 10:45-11:45am Hatha Yoga	Warm D Wishes IR3: infrared at 80-86 WEDNESDAY	9:15-10:00am KickBoxing 45 CAT No Bootcamp YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) \$\times\$UZY 9:15-10:30AM Art of Vinyasa (IR3) \$\times\$UZY 11:00am-12:15pm Hatha Yoga	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM	T:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT 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	9:00-10:00AM Cardio KickBoxing CAT 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 Slow Flow (IR2) KARYN 11:15am-12:30pm
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6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Total Training Bootcamp LINDA U. 12:00-12:45pm Kickboxing 45 CAT 7:00-8:00PM Cardio KickBoxing CAT 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	6:15-7:00am LED Boxing Bo 8:30-10:00am Jingle Bell Rockin' Bootcamp KEVIN & LINDA U IR2: infrared at 76-80 TUESDAY 8:30-10:00am Therapeutic Slow Flow SUZY 10:45-11:45am Hatha Yoga	Warm D Wishes IR3: infrared at 80-86	9:15-10:00am KickBoxing 45 CAT No Bootcamp 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	6:05-7:00AM Ultimate Bootcamp KEVIN 9:05-10:00AM Ultimate Bootcamp KEVIN 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	T:25-8:25am Ultimate Bootcamp KEVIN 8:30-9:30AM Cardio KickBoxing CAT 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	9:00-10:00AM Cardio KickBoxing CAT 10:15-11:15am Total Training Bootcam LINDA U IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR2) KARYN 10:00-11:00AM Slow Flow (IR2) KARYN 11:15am-12:30pm Ashtanga (IR1)
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Group Training 100 Dec 30 - Jan 5, 2020

			STUDIO A			
MONDAY 5:45-6:45am	TUESDAY	WEDNESDAY	THURSDAY 5:45-6:45AM	FRIDAY	SATURDAY	SUNDAY
BARRE CLARE	NEW YEARS EVE CLUB HOURS:	NEW YEARS DAY CLUB HOURS:	MetaCardio MashUp KTP			
8:15-9:15AM	5:30am-3:00pm	8:00am-1:00pm	8:00-9:00AM	8:00-9:00AM	8:00-8:50am WERQ	8:15-9:00am Body Conditioning 45
Body Work KTP			Step ANN	H.I.I.T. ♥ KTP	KASIA	C.R.
9:15-10:00am	9:00-10:00am	9:00-10:15am	9:15-10:15AM	9:15-10:15AM	9:00-10:00AM	9:15-10:15am
Pilates Interval Training CLARE	COUNTDOWN H.I.I.T. KTP	Cardio & Strength AMY C	Body Conditioning ANN	ZUMBA KRISTEN	Step Special LISA	PiYo CLARE
	KII	7 WIT O	10:30-11:30AM	10:30-11:30AM	10:00-11:00AM	OLYTICE
No Cardio Circuit			CLIMB BRIAN	Basic Cardio SUZANNE	Body Conditioning LISA	
11:15AM-12:15PM Senior Balance,			11:45am-12:45pm	11:45AM-12:30PM		
Strength & Stretch ANN			Chair Yoga KIM Th	CLIMB BRIAN		
7.0.00	1:00-2:00pm		1:00-2:00pm	DI CII U C		12:30-1:30
	Mat Pilates AMY K		Mat Pilates AMY K			Barre Intensity CARRIE
	AWITK		AWITIC	5:00-5:45pm Pilates Interval Training		OARRIE
5:45-6:45PM ZUMBA			5:45-6:45pm Strength & Sculpt	CLARE		
KRISTEN 6:45-7:45PM		HAPPY NEW YEAR	KTP 7:00-8:00PM			
Body Conditioning ANN			MetaCardio MashUp			
71111		C,	YCLING STUDIO	- HEART RATE MONI	TORING AVAILABLE IN AL	L CYCLE CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:00-8:45am Cycle RIDE 45	5:45-6:45AM CycleZone THE NEW		8:30-9:30AM CycleZone ALL TERRAIN
9:15-10:15AM	8:30-9:30am	9:30-10:30am	LINDA D	LINDA D 9:15-10:15AM	KTP	TIFFANY
CycleZone AMY C	HOLIDAY HUSTLE AMY C	RESOLUTION RIDE		CycleZone ALL OUT 10s AMY C		
AWIT	AWIT	KIF	5:45-6:45PM	AWITO		
			CycleZone HILARY			
WRAPS/GLOVES REQUIP	RED FOR ALL BOXING/KB	ВООТ	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				6:05-7:00AM Ultimate Bootcamp KEVIN		9:00-10:00AM Cardio KickBoxing CAT
9:05-10:00AM Total Training Bootcamp	8:30-10:00am New Year's Eve	10:00-11:00am Kickboxing	9:15-10:00am KickBoxing 45	9:05-10:00AM Ultimate Bootcamp	7:25-8:25am	10:15-11:15am Total Training Bootcamp
LINDA U.			Mickboxilly 40	Oitimate Booteamp		
12:00-12:45pm	Rockin' Bootcamp	CAT	CAT CAT	KEVIN	LINDA U	LINDA U
I Kickboxina 45	Rockin' Bootcamp KEVIN & LINDA U	11:15-12:00pm			LINDA U 8:30-9:30AM	LINDA U
Kickboxing 45 CAT	10:15-11:15am				LINDA U	LINDA U
	KEVIN & LINDA U	11:15-12:00pm Queenax Suspension			LINDA U 8:30-9:30AM Cardio KickBoxing	LINDA U
	KEVIN & LINDA U 10:15-11:15am Kickboxing	11:15-12:00pm Queenax Suspension			LINDA U 8:30-9:30AM Cardio KickBoxing	LINDA U
CAT	KEVIN & LINDA U 10:15-11:15am Kickboxing	11:15-12:00pm Queenax Suspension	CAT		LINDA U 8:30-9:30AM Cardio KickBoxing	LINDA U
CAT 7:00-8:00PM Cardio KickBoxing	KEVIN & LINDA U 10:15-11:15am Kickboxing	11:15-12:00pm Queenax Suspension	CAT 6:35-7:30PM Ultimate Bootcamp		LINDA U 8:30-9:30AM Cardio KickBoxing	LINDA U IR3: infrared at 80-86
7:00-8:00PM Cardio KickBoxing CAT	KEVIN & LINDA Ü 10:15-11:15am Kickboxing CAT	11:15-12:00pm Queenax Suspension CAT	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY	KEVIN	LINDA U 8:30-9:30AM Cardio KickBoxing CAT	
7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76	KEVIN & LINDA Ü 10:15-11:15am Kickboxing CAT IR2: infrared at 76-80	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2)	KEVIN IR1: infrared at 70-76	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs	IR3: infrared at 80-86
7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY	KEVIN & LINDA Ü 10:15-11:15am Kickboxing CAT IR2: infrared at 76-80	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY 9:00-10:15am VINYASA	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM	KEVIN IR1: infrared at 70-76	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs (returns next week) 9:15-10:30AM	IR3: infrared at 80-86
7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3)	IR2: infrared at 76-80 TUESDAY 8:45-10:00am VINYASA	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY 9:00-10:15am VINYASA KIM Th	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) SUZY 9:15-10:30AM	IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs (returns next week) 9:15-10:30AM Vinyasa (IR3)	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1)
7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN	IR2: infrared at 76-80 TUESDAY	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY 9:00-10:15am VINYASA KIM Th 10:30-11:45am	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	IR1: infrared at 70-76 FRIDAY 9:15-10:15AM	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs (returns next week) 9:15-10:30AM Vinyasa (IR3)	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM
7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga	IR2: infrared at 76-80 TUESDAY 8:45-10:00am VINYASA KIM Th 10:30-11:45am StrongCore/HealthyBack	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY 9:00-10:15am VINYASA KIM Th 10:30-11:45am A New Dawn Meditative Flow	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	IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs (returns next week) 9:15-10:30AM Vinyasa (IR3) AUTUMN 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)
7:00-8:00PM Cardio KickBoxing CAT IR1: infrared at 70-76 MONDAY 9:00-10:15AM Vinyasa (IR3) ANN 10:30-11:45am Hatha Yoga KAVITHA 4:30-5:30PM	IR2: infrared at 76-80 TUESDAY 8:45-10:00am VINYASA KIM Th 10:30-11:45am	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY 9:00-10:15am VINYASA KIM Th 10:30-11:45am A New Dawn	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) X SUZY 9:15-10:30AM Art of Vinyasa (IR3) X SUZY 11:00am-12:15pm	## REVIN IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN 11:45AM-1:00PM	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs (returns next week) 9:15-10:30AM Vinyasa (IR3) AUTUMN 11:00AM-12:00PM	8:45-9:45AM Healthy Back Flow (IR1) *KARYN 10:00-11:00AM Slow Flow (IR2/3) *KARYN 11:15am-12:30pm
7:00-8:00PM Cardio KickBoxing CAT 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	IR2: infrared at 76-80 TUESDAY 8:45-10:00am VINYASA KIM Th 10:30-11:45am StrongCore/HealthyBack	11:15-12:00pm Queenax Suspension CAT IR3: infrared at 80-86 WEDNESDAY 9:00-10:15am VINYASA KIM Th 10:30-11:45am A New Dawn Meditative Flow	6:35-7:30PM Ultimate Bootcamp KEVIN YOGA STUDIO THURSDAY 8:00-9:00AM Therapeutic Yoga (IR2) \$\times \text{SUZY} 9:15-10:30AM Art of Vinyasa (IR3) \$\times \text{SUZY} 11:00am-12:15pm Hatha Yoga KAVITHA	IR1: infrared at 70-76 FRIDAY 9:15-10:15AM Sculpt & Flow ANN 10:30-11:30AM Hatha Yoga ANN	LINDA U 8:30-9:30AM Cardio KickBoxing CAT IR2: infrared at 76-80 SATURDAY No Healthy Backs (returns next week) 9:15-10:30AM Vinyasa (IR3) AUTUMN 11:00AM-12:00PM Hatha Yoga	IR3: infrared at 80-86 SUNDAY 8:45-9:45AM Healthy Back Flow (IR1)
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