

PROGRAM SCHEDULE



SCHEDULE EFFECTIVE FEBRUARY - MARCH 31
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FEBRUARY-MARCH PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 AM 20-20-20 (Cardio-Cycling-Strength) Andie B.	6:30 - 7:30 AM GROUP CYCLING Mychele L.	7:00 - 8:00 AM VINYASA YOGA 1-2 Rebecca M.	6:30 - 7:30 AM GROUP CYCLING Jen L.		
	7:30 - 8:15 AM GROUP CYCLING Jen L.	10:00 - 10:45 AM MAT PILATES (taught in Studio) Yvette F.		10:00 - 11:00 AM GROUP CYCLING Jen L.	10:00 - 11:30 AM VINYASA YOGA (All Levels) Brent M.
10:00 AM - 1:30 PM CHILDCARE	9:15 - 10:15 AM YOGA BASICS Jon H.	10:00 AM - 1:30 PM CHILDCARE	10:00 AM - 1:30 PM CHILDCARE	10:00 AM - 1:30 PM CHILDCARE	10:00 AM - 2:00 PM CHILDCARE
12:00 - 1:00 PM VINYASA YOGA 1-2 Dan M.	10:00 AM - 1:30 PM CHILDCARE	11:00 AM - 12:00 PM GROUP CYCLING/ABS Andie B.	12:00 - 1:00 PM GROUP CYCLING/ABS Ernie P.	12:00 - 1:00 PM VINYASA YOGA 2 Olivia H.	11:30 AM - 12:30 PM 20-20-20 (Cardio-Cycling-Strength) Jen L.
12:00 - 12:45 PM SKI FIT Megan S.	12:00 - 1:00 PM GROUP CYCLING Thea T.	12:00 - 1:00 PM VINYASA YOGA 1-2 Michelle A.		12:00 - 12:45 PM SPORTS CONDITIONING (Alt) Thea & Megan	
4:00 - 7:00 PM CHILDCARE	4:00 - 7:00 PM CHILDCARE	4:00 - 7:00 PM CHILDCARE	4:00 - 7:00 PM CHILDCARE	4:00 - 7:00 PM CHILDCARE	8:30 - 9:40 PM ADVANCED GROUP CYCLING Thea T.
4:30 - 5:30 PM AERO YOGA 1-2 Yuki T.		5:30 - 6:15 PM GROUP CYCLING Alex A.	5:30 - 6:15 PM GROUP CYCLING Michelle W.	4:00 - 5:00 PM GENTLE YOGA (Level 1) Rebecca M.	10:00 AM - 2:00 PM CHILDCARE
5:30 - 6:15 PM GROUP CYCLING Thea T.	5:00 - 6:00 PM YOGA BASICS Jon H.	6:00 - 6:45 PM CORE ESSENTIALS Heath C.	5:30 - 6:15 PM PILATES FUSION (taught in Studio) Thea T.		10:00 - 11:00 AM MAT PILATES Yvette F.
6:15 - 7:00 PM GROUP CYCLING Thea T.	6:15 - 7:45 PM ALIGNMENT YOGA (all levels) Yuki T.	6:15 - 7:30 PM AERO YOGA 2 Emily S.	6:15 - 7:30 PM VINYASA YOGA 1-2 Emily S.		12:30 - 1:30 PM ALIGNMENT YOGA 1 Dan M.
	6:45 - 7:30 PM SKI FIT Thea T.		6:15 - 7:00 PM HARD CORE CONDITIONING Thea T.		4:00 - 5:00 PM GENTLE YOGA (All Levels) Kelly R.
					Sunday

GROUP FITNESS
 GROUP CYCLE
 YOGA
 CHILDCARE (add'l cost)