

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 AM 20-20-20 (Cardio-Cycling-Strength) Andie B.					
		10:00 - 10:45 AM MAT PILATES (taught in Studio) Yvette F.			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 - 12:45 PM SPORTS CONDITIONING (Alt) Thea & Megan	
					<b>Sunday</b>
					10:00 - 11:00 AM MAT PILATES (taught in Studio) Yvette F.
			5:30 - 6:15 PM PILATES FUSION (taught in Studio) Thea T.		
	6:45 - 7:30 PM SKI FIT Thea T.	6:00 - 6:45 PM CORE ESSENTIALS Heath C.	6:15 - 7:00 PM HARD CORE CONDITIONING Thea T.		

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Please see back of schedule for full description of classes.

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