Monday	Tuesday	ill Sports Club Grou Wednesday	Thursday	Friday	Saturday
29	30	01	02	03	04
6:00am - 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50am	8:30am-9:20
*Pilates Reformer	*Cycle Fusion	*Pilates Reformer	*Cycle Fusion	*Cycle	*Cycle
Intermediate	Thomas – Studio iii	Intermediate	Thomas – Studio iii	Thomas – Studio iii	Carlo- Studio iii
Shannon- Pilates Studio		Shannon- Pilates Studio			
	7:00am – 7:50 am		7:00am – 7:50 am	7:00 am - 7:50 am	8:30 am-9:20am
6:00am - 6:50 am	*Pilates Reformer	6:00am – 6:50 am	Mat Pilates	Gentle Yoga	Water Aerobics
*Cycle	Patty- Pilates Studio	*Cycle	Martha	Dawn	Heather
Thomas - Studio iii		Thomas – Studio iii			
	7:00am – 7:50 am		8:30 am – 9:20 am	8:30 am – 9:20 am	9:30 am-10:20am
7:00am – 7:50 am	Hatha Yoga	7:00 am – 7:50 am	*Pilates Reformer	Strength &	Muscle Sculpt
*Pilates Reformer	Kim	Gentle Yoga	Cou-Pilates Studio	Conditioning	Heather
Intermediate		Betty		Tia	
Shannon- Pilates Studio	8:30 am – 9:20 am		8:30 am - 9:20 am		
	HIIT	8:30 am – 9:20 am	Balance	8:30 am – 9:20 am	
7:00am - 7:50 am	Tia	Water Aerobics	Lana	Water Aerobics	
Yoga		Tia		Heather	
Payal	8:30am-9:20am		8:30 am – 9:20 am		
•	*Pilates Reformer	8:30am-9:20am	Aqua Zumba	9:30 am – 10:20 am	
8:30am – 9:20 am	Cou- Pilates Studio	*Pilates with Reformer	Atsuko	Muscle Sculpt	
Aqua Zumba		Cou-Pilates Studio		Heather	
Atsuko	8:30 am – 9:20 am		8:30 am – 9:20 am	40.00 44.00	
	Water Aerobics	8:30am-9:20am	Tabata	10:30 am - 11:20 am Gentle Stretch	
8:30am-9:20am	Lana	Strength &	Tia	Christine	
Strength &		Conditioning	40.00	Christine	
Conditioning	9:30 am – 10:20 am	Meghan	9:30 am – 10:20 am		
Tia	Rhythmic Step		Strength		
	Lana	9:30 am – 10:20am	Lana		
9:30am – 10:20am		Core	9:30am-10:20am		
Muscle Sculpt	10:30 am - 11:20 am	Tia	Water Aerobics-		
Heather	Hatha Yoga		Tia		
40-20 44-20	Evi	10:30 am – 11:20 am	Tia Tia		
10:30-11:20	4-20 5-20	Gentle Stretch	10:30am-11:20am		
Yoga with Weights-	4:30 pm – 5:20 pm	Christine	Zumba		
Meghan	*Pilates Reformer	5:00 mm	Theresia	THE CI	LUB AT——
	Beginner Mortho Diletos Ctudio	5:00 pm – 5:50 pm	Theresia	KINIC	SMILL
	Martha-Pilates Studio	Muscle Sculpt Heather	5:30 pm – 6:20 pm		
	5:30 pm – 6:20 pm	i icaliici	Yin Yoga	*	
			Evi - Studio iii	*Members only o	class
	*Pilates Reformer Intermediate				
	Martha-Pilates Studio		5:30-6:20 pm	Please Note- Pilate	es Reformer class
	Waltila-i liates Studio		*Pilates Reformer	requires preregistr	ation and a 12 hour
	6:30pm-7:20pm		Cou-Pilates Studio	advance cancellati	
	*Pilates			No assesse	
	Ketormer				
	Reformer Intermediate				

Monday	Tuesday	ill Sports Club Grou Wednesday	Thursday	Friday	Saturday
06	07	08	09	10	11
6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50am	8:30am-9:20
*Pilates Reformer	*Cycle Fusion	*Pilates Reformer	*Cycle Fusion	*Cycle	*Cycle
Intermediate	Thomas – Studio iii	Intermediate	Thomas – Studio iii	Thomas – Studio iii	Carlo- Studio iii
Shannon- Pilates Studio	Thomas – Studio III	Shannon- Pilates Studio	Thomas – Studio III	momas – Studio III	Gario- Studio III
Chambir Thates Stadio	7:00am – 7:50 am	Chamber 1 hates clade	7:00am – 7:50 am	7:00 am – 7:50 am	8:30 am-9:20am
6:00am – 6:50 am	*Pilates Reformer	6:00am – 6:50 am	Mat Pilates	Gentle Yoga	Water Aerobics
*Cycle	Patty- Pilates Studio	*Cycle	Martha	Dawn	Heather
Thomas - Studio iii	l atty-1 liates Studio	Thomas – Studio iii	Walta	Bawii	ricatrici
Thomas - Stadio III	7:00am – 7:50 am	Thomas – Studio III	8:30 am – 9:20 am	8:30 am – 9:20 am	9:30 am-10:20am
7:00am – 7:50 am	Hatha Yoga	7:00 am – 7:50 am	*Pilates Reformer	Strength &	Muscle Sculpt
*Pilates Reformer	Kim	Gentle Yoga	Cou-Pilates Studio	Conditioning	Heather
Intermediate	1	Payal	Odd-1 liates stadio	Tia	
Shannon- Pilates Studio	8:30 am – 9:20 am	T dya!	8:30 am – 9:20 am		
Sharmon- i hates Studio	HIIT	8:30 am – 9:20 am	Balance	8:30 am - 9:20 am	
7:00am – 7:50 am	Tia	Water Aerobics	Lana	Water Aerobics	
Yoga		Tia		Heather	
Payal	8:30am-9:20am		8:30 am – 9:20 am		
r dydi	*Pilates Reformer	8:30am-9:20am	Aqua Zumba	9:30 am - 10:20 am	
8:30am – 9:20 am	Cou- Pilates Studio	*Pilates with Reformer	Atsuko	Muscle Sculpt	
Aqua Zumba		Cou-Pilates Studio		Heather	
Atsuko	8:30 am – 9:20 am		8:30 am - 9:20 am		
	Water Aerobics	8:30am-9:20am	Tabata	10:30 am - 11:20 am	
8:30am-9:20am	Lana	Strength &	Tia	Gentle Stretch	
Strength &		Conditioning		Christine	
Conditioning	9:30 am - 10:20 am	Meghan	9:30 am – 10:20 am		
Tia	Rhythmic Step		Strength		
	Lana	9:30 am – 10:20am	Lana		
9:30am – 10:20am		Core			
Muscle Sculpt	10:30 am - 11:20 am	Tia	9:30am-10:20am		
Heather	Hatha Yoga		Water Aerobics-		
	Evi	10:30 am – 11:20 am	Tia		
10:30-11:20		Gentle Stretch	40.00		
Yoga with Weights-	4:30 pm – 5:20 pm	Christine	10:30am-11:20am		
Meghan	*Pilates Reformer		Zumba	THE CL	UB AT——
	Beginner	5:00 pm – 5:50 pm	Dian	KINGS	
	Martha-Pilates Studio	Muscle Sculpt	5:20 nm 6:20 nm	MING	
		Heather	5:30 pm - 6:20 pm Yin Yoga		
	5:30 pm – 6:20 pm		Evi - Studio iii	*Members only o	lass
	*Pilates Reformer		LVI - Otadio III		
	Intermediate		5:30-6:20 pm	Please Note- Pilate	s Reformer class
	Martha-Pilates Studio		*Pilates Reformer	requires preregistra	ation and a 12 hour
	C-20 7-20		Cou-Pilates Studio	advance cancellati	
	6:30pm-7:20pm		Cou-Pliates Studio	fee will be assesse	a
	*Pilates				
	Reformer				
	Intermediate Mortha Dilatos Studio				
	Martha-Pilates Studio				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18
6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am - 6:50am	8:30am-9:20
*Pilates Reformer	*Cycle Fusion	*Pilates Reformer	*Cycle Fusion	*Cycle	*Cycle
Intermediate	Thomas – Studio iii	Intermediate	Thomas – Studio iii	Thomas – Studio iii	Carlo- Studio iii
Shannon- Pilates Studio		Shannon- Pilates Studio			
	7:00am – 7:50 am		7:00am – 7:50 am	7:00 am - 7:50 am	8:30 am-9:20am
6:00am - 6:50 am	*Pilates Reformer	6:00am - 6:50 am	Mat Pilates	Gentle Yoga	Water Aerobics
*Cycle	Martha- Pilates Studio	*Cycle	Martha	Dawn	Heather
Thomas - Studio iii		Thomas – Studio iii			
	7:00am - 7:50 am		8:30 am – 9:20 am	8:30 am - 9:20 am	9:30 am-10:20am
7:00am - 7:50 am	Hatha Yoga	7:00 am – 7:50 am	*Pilates Reformer	Strength &	Muscle Sculpt
*Pilates Reformer	Kim	Gentle Yoga	Cou-Pilates Studio	Conditioning	Heather
Intermediate		Betty		Tia	
Shannon– Pilates Studio	8:30 am - 9:20 am	,	8:30 am - 9:20 am		
	HIIT	8:30 am – 9:20 am	Balance	8:30 am - 9:20 am	
7:00am – 7:50 am	Tia	Water Aerobics	Lana	Water Aerobics	
Yoga		Tia		Heather	
Betty	8:30am-9:20am		8:30 am - 9:20 am		
,	*Pilates Reformer	8:30am-9:20am	Tabata	9:30 am – 10:20 am	
8:30am - 9:20 am	Cou- Pilates Studio	*Pilates with Reformer	Tia	Muscle Sculpt	
Aqua Zumba		Cou-Pilates Studio		Heather	
Atsuko	8:30 am – 9:20 am	Sou i matos otadio	9:30 am - 10:20 am		
	Water Aerobics	8:30am-9:20am	Strength	10:30 am - 11:20 am	
8:30am-9:20am	Lana	Strength &	Lana	Gentle Stretch	
Strength &		Conditioning		Christine	
Conditioning	9:30 am - 10:20 am	Meghan	9:30am-10:20am		
Tia	Rhythmic Step		Water Aerobics-		
	Lana	9:30 am - 10:20am	Tia		
9:30am - 10:20am		Core			
Muscle Sculpt	10:30 am - 11:20 am	Tia	10:30am-11:20am		
Heather	Hatha Yoga		Zumba		
	Evi	10:30 am - 11:20 am	Lana		
10:30-11:20		Gentle Stretch			
Yoga with Weights-	4:30 pm – 5:20 pm	Christine	5:30 pm – 6:20 pm		
Meghan	*Pilates Reformer		Yin Yoga	—ТНЕ СІ	TED AT
	Beginner	5:00 pm – 5:50 pm	Evi - Studio iii		
	Martha-Pilates Studio	Muscle Sculpt		KING	SMILL
		Heather	5:30-6:20 pm		
	5:30 pm – 6:20 pm		*Pilates Reformer	*Members only o	lace
	*Pilates Reformer		Cou-Pilates Studio	members only c	,1 a 33
	Intermediate			Please Note- Pilate	Potormor olaco
	Martha-Pilates Studio			requires prerequetr	ation and a 12 hour
				advance cancellati	on policy or a \$30
	6:30pm-7:20pm			fee will be assesse	
	*Pilates				
	Reformer				
	Intermediate				
	Martha-Pilates Studio				

Monday	Tuesday	III Sports Club Grou Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25
6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50am	8:30am-9:20
*Pilates Reformer	*Cycle Fusion	*Pilates Reformer	*Cycle Fusion	*Cycle	*Cycle
Intermediate	Thomas – Studio iii	Intermediate	Thomas – Studio iii	Thomas – Studio iii	Carlo- Studio iii
Shannon- Pilates Studio	Thomas – Studio III	Shannon– Pilates Studio	Thomas – Studio III	momas – Studio III	Cario- Studio III
Sharmon— Filates Studio	7:00am – 7:50 am	Sharmon-T hates Studio	7:00am – 7:50 am	7:00 am – 7:50 am	8:30 am-9:20am
6:00am – 6:50 am	*Pilates Reformer	6:00am – 6:50 am	Mat Pilates	Gentle Yoga	Water Aerobics
*Cycle	Patty- Pilates Studio	*Cycle	Martha	Dawn	Heather
Thomas - Studio iii	Fally-Filates Studio	Thomas – Studio iii	Martia	Dawii	ricatilei
momas - Studio III	7:00am – 7:50 am	Thomas – Studio III	8:30 am – 9:20 am	8:30 am – 9:20 am	9:30 am-10:20am
7:00am – 7:50 am	Hatha Yoga	7:00 am – 7:50 am	*Pilates Reformer	Strength &	Muscle Sculpt
	Kim	Gentle Yoga	Cou-Pilates Studio	Conditioning	Heather
*Pilates Reformer	Kiiii	Betty	Cou-Fliates Studio	Tia	Houthor
Intermediate	8:30 am – 9:20 am	Belly	8:30 am – 9:20 am	1.0	
Shannon– Pilates Studio	HIIT	8:30 am – 9:20 am	Balance	8:30 am – 9:20 am	
7.00 7.50	Tia	Water Aerobics	Lana	Water Aerobics	
7:00am – 7:50 am	Tid	Tia	Lana	Heather	
Yoga	8:30am-9:20am	Tid	8:30 am – 9:20 am		
Payal	*Pilates Reformer	8:30am-9:20am	Aqua Zumba	9:30 am – 10:20 am	
8:30am – 9:20 am	Cou- Pilates Studio	*Pilates with Reformer	Atsuko	Muscle Sculpt	
Aqua Zumba	Cou- I liates Studio	Cou-Pilates Studio	, would	Heather	
Atsuko	8:30 am – 9:20 am	Cou-Filates Studio	8:30 am – 9:20 am		
Alsuko	Water Aerobics	8:30am-9:20am	Tabata	10:30 am - 11:20 am	
8:30am-9:20am	Lana	Strength &	Tia	Gentle Stretch	
Strength &	Lana	Conditioning		Christine	
Conditioning	9:30 am – 10:20 am	Meghan	9:30 am - 10:20 am		
Tia	Rhythmic Step	Wognan	Strength		
	Lana	9:30 am – 10:20am	Lana		
9:30am - 10:20am		Core			
Muscle Sculpt	10:30 am - 11:20 am	Tia	9:30am-10:20am		
Heather	Hatha Yoga		Water Aerobics-		
	Evi	10:30 am – 11:20 am	Tia		
10:30-11:20		Gentle Stretch		6	
Yoga with Weights-	4:30 pm - 5:20 pm	Christine	10:30am-11:20am		
Meghan	*Pilates Reformer		Zumba	THE 61	
	Beginner	5:00 pm - 5:50 pm	Theresia	THE CI	
	Martha-Pilates Studio	Muscle Sculpt		KINGS	
		Heather	5:30 pm – 6:20 pm		
	5:30 pm – 6:20 pm		Yin Yoga	*Members only o	
	*Pilates Reformer		Evi - Studio iii	members only c	1433
	Intermediate			Please Note- Pilate	e Potormor oloce
	Martha-Pilates Studio		5:30-6:20 pm	requires preregistra	ation and a 12 hour
			*Pilates Reformer	advance cancellati	
	6:30pm-7:20pm		Cou-Pilates Studio	fee will be assesse	
	*Pilates				
	Reformer				
	Intermediate				
	Martha-Pilates Studio				

Monday	Tuesday	III Sports Club Grou Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01
6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50 am	6:00am – 6:50am	8:30am-9:20
*Pilates Reformer	*Cycle Fusion	*Pilates Reformer	*Cycle Fusion	*Cycle	*Cycle
Intermediate	Thomas – Studio iii	Intermediate	Thomas – Studio iii	Thomas – Studio iii	Carlo- Studio iii
Shannon- Pilates Studio	Thomas – Studio III	Shannon– Pilates Studio	momas – Studio III	momas – Studio III	Cario- Studio III
Sharmon-T hates Studio	7:00am – 7:50 am	Sharmon-T hates Studio	7:00am – 7:50 am	7:00 am – 7:50 am	8:30 am-9:20am
6:00am – 6:50 am	*Pilates Reformer	6:00am – 6:50 am	Mat Pilates	Gentle Yoga	Water Aerobics
*Cycle	Patty- Pilates Studio	*Cycle	Martha	Dawn	Heather
Thomas - Studio iii	Fally-Filates Studio	Thomas – Studio iii	Waltia	Dawii	ricatilei
momas - Studio III	7:00am – 7:50 am	Thomas – Studio III	8:30 am – 9:20 am	8:30 am – 9:20 am	9:30 am-10:20am
7:00am – 7:50 am	Hatha Yoga	7:00 am – 7:50 am	*Pilates Reformer	Strength &	Muscle Sculpt
	Kim	Gentle Yoga	Cou-Pilates Studio	Conditioning	Heather
*Pilates Reformer	Killi	Betty	Cou-Fliates Studio	Tia	Houthor
Intermediate	8:30 am – 9:20 am	Detty	8:30 am – 9:20 am	1	
Shannon– Pilates Studio	HIIT	8:30 am – 9:20 am	Balance	8:30 am – 9:20 am	
7.00 7.50	Tia	Water Aerobics	Lana	Water Aerobics	
7:00am – 7:50 am	i i a	Tia	Lana	Heather	
Yoga	8:30am-9:20am	Tid	8:30 am – 9:20 am		
Payal	*Pilates Reformer	8:30am-9:20am	Aqua Zumba	9:30 am – 10:20 am	
8:30am – 9:20 am	Cou- Pilates Studio	*Pilates with Reformer	Atsuko	Muscle Sculpt	
Aqua Zumba	Cou- Filates Studio	Cou-Pilates Studio	, tiound	Heather	
Atsuko	8:30 am – 9:20 am	Cou-Filates Studio	8:30 am – 9:20 am		
Alburo	Water Aerobics	8:30am-9:20am	Tabata	10:30 am - 11:20 am	
8:30am-9:20am	Lana	Strength &	Tia	Gentle Stretch	
Strength &	Lana	Conditioning		Christine	
Conditioning	9:30 am – 10:20 am	Meghan	9:30 am - 10:20 am		
Tia	Rhythmic Step	Wognan	Strength		
	Lana	9:30 am – 10:20am	Lana		
9:30am - 10:20am		Core			
Muscle Sculpt	10:30 am - 11:20 am	Tia	9:30am-10:20am		
Heather -	Hatha Yoga		Water Aerobics-		
	Evi	10:30 am – 11:20 am	Tia		
10:30-11:20		Gentle Stretch		6	
Yoga with Weights-	4:30 pm – 5:20 pm	Christine	10:30am-11:20am		
Meghan	*Pilates Reformer		Zumba		
	Beginner	5:00 pm - 5:50 pm	Theresia	THE CI	
	Martha-Pilates Studio	Muscle Sculpt		KINGS	
		Heather	5:30 pm – 6:20 pm		
	5:30 pm – 6:20 pm		Yin Yoga	*Members only o	
	*Pilates Reformer		Evi - Studio iii	members only c	1433
	Intermediate			Please Note- Pilate	e Potormor oloce
	Martha-Pilates Studio		5:30-6:20 pm	requires preregistra	ation and a 12 hour
			*Pilates Reformer	advance cancellati	
	6:30pm-7:20pm		Cou-Pilates Studio	fee will be assesse	
	*Pilates				
	Reformer				
	Intermediate				
	Martha-Pilates Studio				