

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am Spin Renee	5:30am Strength Express Tina	5am Spin Renee	5:30am Cardio Express Renee	5:30 am Cardio Fusion Tina	7:15am-8:15 Spin Renee	
8:30-9:30am Spin Steph		8:30-9:30am Shred It! Stephanie	8:30-9:30am Metabolic Mix Tina	9-10am Cardio Fusion Lauren	8:15am-9:15 Metabolic Mix Renee	8am-9am Spin Lauren
9:30-10:30am YogaFundamental Kevin	9:30am-10:30am Tabata Training Mix Suzanne	9:30am-10:30am Spin Tina	9:30am-9:45 Abdominal Shred Tina			
4:30pm-5:30pm Maximum Muscle Tina	4:30pm-5:30pm Zumba Emily	4:30pm-5:30pm Power Yoga Jake				
5:30pm-6:30pm Spin Stephanie	5:30pm-6:30pm Cardio Kickboxing Dina	5:30pm-6:30pm Shred It! Stephanie	5:30pm-6:30pm Bootcamp Rich			
6:30pm-7:30pm Step It up! Paula		5:30pm-6:30pm Spin Rich	6:30pm-7:30pm Spin Rich		<p><b><u>Spin Policy:</u></b> Space is limited. Sign in at the front desk to reserve your bike. Sheet is posted one hour before class time!</p>	<p><b><u>Late Entry Policy:</u></b> The warm-up is an essential part of your workout and aids in the prevention of injury. Entry after the warm-up, will not be allowed.</p>