



Group Exercise Studio

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:30am	TRX @5:30 Tim	Spin @ 5:30 Ann M	TRX @ 5:30 Tim		TRX @ 5:30 Tim		
7:00am - 8:00am						Spin @ 7:15 Chris A	
8:00am - 9:15am	Prime Time Conditioning @8:15 Dave		Prime Time Conditioning @8:15 Dave		Yoga @ 8:00 Annie	Body Sculpt @8:30 Chris A	Spin @ 8:15 Maria
9:15am - 10:00am	Body Sculpt @9:15 Chris A	Cardio Bootcamp @ 9:15 Dan/Chris A	Spin @ 9:15 Tom	Zumba @ 9:15 Karin	Spin @ 9:15 Tom	Zumba @ 9:30 Karin	Yoga @ 9:30 Annie
10:00am - 11:00am	Spin @ 10:15 Ann M	TRX @10:15 Dan/Chris A		Pilates @ 10:15 Chris A			
5:00pm - 6:00pm							
6:00pm - 7:00pm	Yoga @ 6:00 Sharon	Spin @ 6:00 Linda (s)	Pilates @ 6:00 Chris A	TRX @ 6:00 Chris A/Dan	Spin @ 6:00 Tom		
7:00pm - 8:00pm	Body Sculpt @7:00 Chris A	TRX @7:00 Dan/Chris A	Zumba @ 7:00 Karin	Bootcamp @ 7:00 Chris B			



CrossFit Room

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:30am	CrossFit @ 5:30 Lisa		CrossFit @ 5:30 Lisa	CrossFit @ 5:30 Lisa			
9:30am - 10:30am	Crossfit @ 9:30 Lee	Crossfit @ 9:30 Ashley	Crossfit @ 9:30 Lee	Crossfit @ 9:30 Lisa	Crossfit @ 9:30 Lee		
10:00am - 11:00am						Crossfit @ 10:00 Lee	Interval Training @ 10:00 Devin
12:30 - 1:30		CrossFit @12:30 Lee		CrossFit @12:30 Lee			
5:00pm - 6:00pm				CrossFit @ 5:00 Lee	CrossFit @ 5:00 Lee		
6:00pm - 7:00pm	CrossFit @6:30 Lee	CrossFit @6:00 Lee	CrossFit @6:00 Lisa				
7:00pm - 8:00pm				CrossFit @7:00 Lee			