



dride							studio 2009
M	T	W	Th	F	Sa	Su	
	RIDE 45 9:15 am CIARA		 OVAL CLOSED		RIDE 9:15 am MICHELE	RIDE 9:15 am ANGELA	
		SLEIGH RIDE 10:30 am CATHERINE		RIDE 10:30 am CHRISTA			
RIDE: RESTORE 11:45 am CHRISTA							
RIDE 45 5:15 pm SHELDON							

move							studio 2010
M	T	W	Th	F	Sa	Su	
			 OVAL CLOSED		HIIT 8:00 am JEANETTE		
LIFT 9:15am PAT	BARRE 9:15am ELLE	GLUTES & CORE 9:15am PAT			ZUMBA® 9:15 am DANNY		
	MOVE WELL 10:30 am CIARA	HIIT 10:30 am JEANETTE		BARRE 10:30 am ELLE		LIFT 10:30 am ANGELA	
KICKBOXING 5:30 pm HECTOR	LIFT 5:30 pm ELLA						
CORE AND MORE 6:45 pm HECTOR							



flow							studio 2026
M	T	W	Th	F	Sa	Su	
			 OVAL CLOSED		MAT PILATES 9:15 am JEANETTE		
HATHA YOGA 10:30 am CHRISTA	MAT PILATES 10:30 am PAT	BALANCED BODY 10:30 am ELLE			ROLL & RESTORE 10:30 am JULIANNA		
MAT PILATES 11:45 am PAT		HATHA YOGA 11:45 Am ELLE		MAT PILATES 11:45 am ELLE		CORE & STRETCH 11:45 am ELLA	
POSTURE & FLEXIBILITY 5:15 pm ELLE							

+athletic							studio 2027
M	T	W	Th	F	Sa	Su	
ATHLETIC 9:15 am CHRISTA		athletic: STRENGTH 9:30 am CHRIS	 OVAL CLOSED	ATHLETIC 9:15 am CHRISTA	ATHLETIC 9:00 am JULIANNA		
	athletic: STRENGTH 10:30 am RYAN						
		ATHLETIC 12:00 pm PAT					
ATHLETIC 5:15 pm JULIANNA	ATHLETIC 5:15 pm CHRIS			ATHLETIC 5:00 pm RYAN			
	athletic: STRENGTH 6:45 pm CHRIS						



studio 2009						
M	T	W	Th	F	Sa	Su
	RIDE 45 9:15 am CIARA		RIDE 45 9:15 am CATHERINE		RIDE 9:15 am MICHELE	RIDE 9:15 am ANGELA
		RIDE 10:30 am CATHERINE		RIDE 10:30 am CHRISTA		
RIDE: RESTORE 11:45 am CHRISTA						
RIDE 45 5:15 pm CATHERINE						

studio 2010						
M	T	W	Th	F	Sa	Su
					HIIT 8:00 am JEANETTE	
LIFT 9:15am OLGA	BARRE 9:15am ELLE	GLUTES & CORE 9:15am OLGA	MOVE WELL START 9:15 am LYNN	GLUTES & CORE 9:15am OLGA	ZUMBA® 9:15 am DANNY	
	MOVE WELL 10:30 am CIARA	HIIT 10:30 am OLGA	LIFT 10:30 am ELLA	BARRE 10:30 am ELLE		LIFT 10:30 am ANGELA
KICKBOXING 5:30 pm HECTOR			LIFT 5:30 pm HECTOR			
CORE AND MORE 6:45 pm HECTOR						



flow studio 2026						
M	T	W	Th	F	Sa	Su
					MAT PILATES 9:15 am JEANETTE	
HATHA YOGA 10:30 am CHRISTA	MAT PILATES 10:30 am ELLE	BALANCED BODY 10:30 am ELLE	HATHA YOGA 10:30 am LYNN		ROLL & RESTORE 10:30 am JULIANNA	
CORE & STRETCH 11:45 am OLGA		HATHA YOGA 11:45 Am ELLE		MAT PILATES 11:45 am ELLE		CORE & STRETCH 11:45 am ELLA
POSTURE & FLEXIBILITY 5:15 pm ELLE	CORE & STRETCH 5:30 pm ELLA		CORE & STRETCH 6:45 pm HECTOR			

athletic studio 2027						
M	T	W	Th	F	Sa	Su
ATHLETIC 9:15 am CHRISTA		athletic: STRENGTH 9:30 am CHRIS		ATHLETIC 9:15 am CHRISTA	ATHLETIC 9:00 am JULIANNA	ATHLETIC 9:15 am ANNIE
	athletic: STRENGTH 10:30 am RYAN		athletic: STRENGTH 10:30 am RYAN			
		ATHLETIC 12:00 pm CHRIS				
ATHLETIC 5:15 pm JULIANNA	ATHLETIC 5:15 pm CHRIS		ATHLETIC 5:15 pm JULIANNA	ATHLETIC 5:00 pm RYAN		
	athletic: STRENGTH 6:45 pm CHRIS		athletic: STRENGTH 6:45 pm JULIANNA			