WINTER/SPRING GROUP EXERCISE SCHEDULE

Last Updated 4/23/2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	**8:15am** Molly G. Weighted Workout **10:15am** Daniel Yoga Level1/2 **11:30am** Daniel Yoga Intro level 1 **5:30pm** Erin Pilates Level 2/3 **6:30pm** Ninaya Multi-Level Yoga	**6:00am** Amy Cardio Core **7:30am** Karen Weighted Workout **8:30am** Harout Cardio Dance **10:30am** Sara Mat Pilates **5:30pm** Becca Booty Bootcamp	**5:45am** John Yoga Multi-Level **8:30am** Vickie Weighted Workout **9:45am** Lizanne willPower &Grace **11:00am** Daniel Yoga Level 2/3 **5:30pm** Erin Pilates Level 2/3 **6:30pm** Solena Yoga	**6:00am** Amy Cardio Core **7:30am** Nicole Bootcamp **8:30am** Harout Cardio Dance **10:30am** Sara Mat Pilates **11:45am** Solena Gentle Yoga **5:30pm** Sue willPower & grace	**9:00am** Chris Tai Chi **10:15am** Daniel Yoga Multi-Level **11:30am** Daniel Yoga Multi-Level **5:15pm** Solena Yoga	**9:30am** Harout Cardio Dance **10:45am** John Yoga Level 3	**8:15am** Charise Pilates Express **9:30am** Kim Step Interval **11:00am** Solena Gentle Yoga **4:00pm** Marie Yoga Flow
SPIN	**5:45am** Amy Spinning **9:15am** Charise Spinning **5:30pm** Mickey Spinning	**5:45am** Pete Spinning **9:00am** Chrissie Endurance Spinning **4:30pm** Lora Spinning	**5:30pm** Charise Spinning	**5:45am** Libby Spinning **4:30pm** Chrissie Spinning	**5:45am** Julie Spinning **9:00am** Charise Endurance Spinning	**9:00am** Ginger Spinning	**9:00am** Charise Spinning **5:00pm** Ginger Spinning
KIDS	**3:30pm** Quentin Martial Arts **4:30pm** Sue G Kids Dance	**3:30pm** Arianna Kids Ballet **4:30pm** Arianna Mini-Muscles	**3:30pm** Quentin Martial Arts	**3:30pm** Arianna Kids Yoga **4:30pm** Amber Mini-Muscles	**4:15pm** Quentin Martial Arts Ages 10-17		
SM. POOL	**8:30am** Teri Aqua Aerobics	**8:30am** Amy Aqua Aerobics **3:30pm** Becky Pre-Swim	**8:30am** Teri Aqua Aerobics **6:00 pm** Jonna Aqua Aerobics	**8:30am** Dayna Aqua Aerobics **3:30pm** Becky Pre-Swim	**8:30am** Karen Aqua Aerobics	**8:30am** Libby Aqua Aerobics	
LAP POOL	**8:30am** Emily Masters Swim **4:15pm** Zoe Age Group	**3:30pm** Lydia Novice **4:15pm** Zoe Age Group **5:30pm** Becky Masters Swim	**8:30am** Emily Masters Swim **3:30pm** Lydia Novice **4:15pm** Zoe Age Group	**3:30pm** Lydia Novice **4:15pm** Zoe Age Group **5:30pm** Becky Masters Swim	**8:30am** Emily Masters Swim **3:30pm** Lydia Novice **4:15pm** Zoe Age Group		

**Class schedule is subject to change, please check the website for the most up to date schedule.*