



TIME CLASS INSTRUCTOR / STUDIO

BAC

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|------------------|--------------------------|------------------------|
| 9:00 - 10:00 am | BODYPUMP | Stephanie BJ. 2 |
| 10:00 - 10:50 am | Studio Cycle | Nichole B. C |
| 11:00 - 12:00 pm | Yoga (Multi-Level) | Laura D. 3 |

EAC

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|------------------|---------------------|-------------------|
| 9:00 - 10:00 am | Pilates Mat | Niki MH. 2 |
| 9:00 - 10:00 am | Zumba | Suzu C. G |
| 9:30 - 10:30 am | BODYPUMP | Vlad B. 4 |
| 10:00 - 11:00 am | Aqua Movement | Robin G. P |

LPAC

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|------------------|-------------------------|----------------------|
| 8:30 - 9:20 am | Studio Cycle | Peter M. C |
| 9:30 - 10:30 am | BODYPUMP | Yessenia A. 2 |
| 11:00 - 12:00 pm | Vinyasa Flow Yoga | Ashley S. 1 |

LSAC

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|------------------|--------------------------|-------------------|
| 9:00 - 9:45 am | HIIT / Hard Core | Lisa H. 1 |
| 9:30 - 10:20 am | Studio Cycle | John N. C |
| 10:00 - 11:00 am | BODYJAM | Nikki S. 1 |
| 10:30 - 11:30 am | Yoga (Multi-Level) | Ken C. 2 |

TIME CLASS INSTRUCTOR / STUDIO

LVAC

| | | |
|------------------|-------------------------|-------------------|
| 8:30 - 9:30 am | BODYPUMP | Nikki S. 2 |
| 9:00 - 9:50 am | Studio Cycle | David R. C |
| 10:00 - 11:00 am | Zumba | Ramon M. 2 |
| 9:30 - 10:30 am | Vinyasa Flow Yoga | Kali O. 4 |

WAC

| | | |
|------------------|--------------------------|-------------------|
| 8:00 - 9:00 am | BODYPUMP | Joey H. 1 |
| 9:00 - 9:50 am | Studio Cycle | Julie S. C |
| 10:00 - 10:30 am | ROW360 | Julie S. R |
| 10:00 - 11:00 am | Yoga (Multi-Level) | Kathy P. 2 |

WPAC

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|------------------|-------------------------|------------------------|
| 8:45 - 9:45 am | BODYPUMP | Alyssa O. 2 |
| 9:30 - 10:30 am | Tread & Shred | Stephanie P. CF |
| 10:00 - 11:00 am | Vinyasa Flow Yoga | Erica M. 1 |
| 10:00 - 11:00 am | BODYCOMBAT | Hannah C. 2 |