



TIME	CLASS	INSTRUCTOR / STUDIO
BAC		
8:30 - 9:20 am	HIT Cycle	Jennifer T. C
9:30 - 10:30 am	Total Body Training	Stephanie P. 2
10:00 - 11:00 am	Yoga (Multi-Level)	Ashley S. 3

TIME	CLASS	INSTRUCTOR / STUDIO
EAC		
9:30 - 10:00 am	SPRINT	Cecelia W. C
9:30 - 10:30 am	Pilates Mat	Niki M.H. 2
10:00 - 11:00 am	BODYPUMP	Vlad B. 4
10:30 - 11:30 am	Zumba	Suzu C. G

TIME	CLASS	INSTRUCTOR / STUDIO
LPAC		
9:00 - 9:50 am	HIT Cycle	Peter M. C
10:00 - 11:00 am	BODYPUMP	Yessenia A. 2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Erica M. 1

TIME	CLASS	INSTRUCTOR / STUDIO
LSAC		
9:00 - 9:50 am	HIIT Cycle	Alyssa O. C
10:00 - 11:00 am	Aqua TBT	Lisa H. P
10:00 - 11:00 am	BODYPUMP	Nikki S. 1
10:30 - 11:30 am	Yoga (Multi - Level)	Ken C. 2

TIME	CLASS	INSTRUCTOR / STUDIO
LVAC		
9:00 - 9:50 am	HIT Cycle	Julie S. C
9:30 - 10:30 am	BODYJAM	David R. 2
10:30 - 11:30 am	Vinyasa Flow Yoga	Kali O. 4
10:45 - 11:45 am	BODYPUMP	David R. 2

TIME	CLASS	INSTRUCTOR / STUDIO
WAC		
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 11:00 am	Pilates Mat	Penny S. 2
10:30 - 11:00 am	ROW360	Traci C. R

TIME	CLASS	INSTRUCTOR / STUDIO
WPAC		
9:30 - 10:30 am	Yoga (Multi - Level)	Kathy P. 2
10:00 - 10:50 am	HIT Cycle	Jennifer T. C
10:30 - 11:30 am	BODYPUMP	Amelia L. 1