

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 - 7:00 am Cycle - CS Ilene BIA	6:30- 7:30 am Vinyasa Yoga Sabine BIA	6:15 - 7:00 am Cycle - CS Kris BIA		6:30 - 7:15 am Therapeutic Qigong Makani BIA	8:00 - 9:00am Fit to Defend - G LynneMarie BIA	
6:45 - 7:45 am Step & Sculpt Sue BIA		6:45 - 7:45 am Step & Sculpt Sue BIA			8:00 - 9:00 am Step Deb IA <small>beginning Oct. 15</small>	
		8:00 - 9:00 am Step Deb IA	8:00 - 9:00 am Hatha Yoga Judy BIA		9:00 - 10:00 am Step (pass required) Deb IA	9:00 - 12:00 Basketball Court Reserved Skills Work
9:15- 10:15 am TRX - Gym Jeremy BIA*	9:00 - 10:00 am Myo & Plyo - S Amber BIA*	9:00 - 10:00 am TRX - Gym Andrea BIA*	9:00 - 10:00 am Myo & Plyo - S Amber BIA*	9:00 - 10:00 am Boot Camp - S Jeremy BIA*	9:00 - 10:00 am Cycle - CS Rue BIA	9:00 - 10:00 am Qigong/Tai Chi Makani BIA
9:30 - 10:30 am Step & Sculpt (pass required) Beth BIA	9:30 - 10:30 am Rep Reebok Andrea BIA*	9:30 - 10:30 am Pilates Mat Rosalie BIA*	9:30 - 10:30 am Aerobics Heather BIA	9:30 - 10:30 am Step & Sculpt (pass required) Beth BIA	10:00 - 11:00 am Boot Camp - S Jeremy BIA*	10:00 - 11:00 am Cycle - CS Kris BIA
10:30- 11:30 am Vinyasa Yoga Sabine BIA	10:30 - 11:30 am Step Andrea IA		10:30 - 11:15 am Total Body Sculpt Heather BIA*	10:30 - 11:30 am Pilates Mat Rosalie BIA*	10:30 - 11:45 am Hatha Yoga Rosalie BIA	10:30 -11:30 am Hip Hop Dance Daniel BIA
12:00- 1:00 pm Pilates Mat Rosalie BIA*	12:00 - 1:00 Anusara-Influenced Yoga Ellie BIA	12:00 - 1:00 pm Hatha Yoga Rosalie BIA	12:00 - 1:00 pm Restorative Yoga Rashel BIA	12:00 - 1:00 pm Anusara-Influenced Yoga Ellie BIA	12:00 - 1:00 pm Stability Ball Rosalie BIA*	12:00 - 1:15 pm Restorative Yoga Rashel BIA
		12:00 - 1:00 pm TRX Boot Camp - G Audra BIA*	12:00 - 1:00 pm KettlebellTRX-G Adrian BIA*		1:00 - 2:00 pm iCAT Martial Arts Keegan BIA*	
4:00 - 5:00 pm TotalBodySculpt Andrea BIA*	3:00 - 4:15 pm Restorative Yoga Rashel BIA		4:00 - 5:00 Zumba Jen BIA	4:00 - 5:00 pm Rep Reebok Andrea BIA*	3:00 - 4:00 pm Boxing Clinic <small>1st Saturday monthly</small> Judy BIA*	3:30 - 5:00 pm Tae Kwon Do Bill BIA
5:00 - 5:20 Abs & Glutes Andrea BIA*	4:30 - 5:30 pm Step Rue BIA	4:30 - 5:30 pm Core Strength Heather BIA*		4:30 - 5:30 pm Cycle - CS Deb BIA	3:00 - 5:00 pm Women's Self Defense <small>3rd Saturday monthly</small> LynneMarie BIA*	
	5:00 - 6:00 pm TRX BootCamp - G Audra BIA*					5:15 - 6:15 pm Ashtanga-Inspired Yoga Michael V. IA
5:30 - 6:30 pm Zumba (pass required) Jen BIA	5:30 - 6:30 pm Kick Boxing (pass required) Judy BIA*	5:30 - 6:30 pm Aerobics Heather BIA	5:30 - 6:30 pm Boxing (pass required) Keegan BIA*	5:30 - 6:30 pm Flexible Strength Heather BIA*		
5:30 - 6:30 PM Cycle - CS Kris BIA		5:30 - 6:30 PM Cycle - CS Ilene BIA		<p align="center">Classes in shaded boxes are part of Performance Membership and require an extra fee</p> <p align="center">BOLD - New Class, time or instructor B - Beginner I - Intermediate A - Advanced * - no choreography</p> <p align="center">Unless noted, classes held in fitness studio CS - Cycle Studio Gym - Basketball Court S - STRIDES</p> <p align="center">SIGN-UP in person required for all Cycle Classes (open one week in advance) & all Performance Membership classes</p>		
6:30 - 7:30 pm TRX Bootcamp G Adrian BIA*	6:00 - 7:00 PM Cycle - CS Rue BIA	6:00 - 7:00 am Myo & Plyo - S Amber BIA*	6:00 - 7:00 PM Cycle - CS Rue BIA			
6:50 - 8:20 pm Hatha Yoga Michael C. BIA	6:30- 7:30 pm Pilates Mat Rosalie BIA	6:50- 7:50 am Vinyasa Yoga Sabine BIA	6:30- 7:30 pm Vinyasa Yoga Sabine BIA			
7:00 - 8:00 pm iCAT Martial Arts-S Keegan BIA*	7:30 - 9:00 pm Tae Kwon Do Bill BIA	7:00 - 8:00 pm Brazilian JiuJitsu-Gym Keegan BIA*	7:30 - 9:00 pm Tae Kwon Do Bill BIA			