

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am							
7:30am		***7:45-8:30*** Gentle Yoga <i>Sara</i>			Gentle Yoga <i>Bettina</i> 1-2-3		
8:00am						Yoga <i>Jane</i> 1-2-3	
8:30am	Pilates Fit* <i>Susan</i> 2-3	Stretch & Tone <i>Tammy</i> 1-2-3	Zumba <i>Rosa</i> 1-2-3	Pilates Fit* <i>Susan</i> 2-3	Pilates* <i>Susan</i> 2-3	**At The Bar 8:00 & 915 \$ Extra Charge	
9:15am		**At The Bar 8:30 & 9:30 \$ Extra Charge	**At The Bar 8:30 \$ Extra Charge		Zumba <i>Stacey</i> 1-2-3	Low Impact <i>Joannie</i> 1-2-3	
9:30am	***9:45-10:45*** Zumba <i>Stacey</i>	Yoga <i>Danielle</i> 1-2-3	Pilates <i>Danielle</i> 1-2-3	Yoga <i>Hilary</i> 1-2-3	**At The Bar 9:45 \$ Extra Charge		Yoga <i>Jerry</i> 1-2-3
10:30am		Core Conditioning <i>Danielle</i>	Yoga <i>Isabella</i> 1-2-3	Latin Mix <i>Alberto</i> 1-2-3	***10:15-11:15*** Callanetics <i>Lynne</i>	Latin Mix <i>Alberto</i> 1-2-3	
11:00am	Callanetics <i>Lynne</i> 1-2-3						
11:15am					Tai Chi <i>Bill</i> 1-2-3		
11:30pm		***12:00-1:00*** Chair Yoga <i>Margaret</i>		Yogalates <i>Cathy</i> 1-2-3			
1:00pm					<div style="border: 1px dashed black; padding: 10px; text-align: center;"> **At The Bar With Susan Layne Extra charge for class See Front Desk for details and to sign Up </div>		
4:15pm	***4:00-5:00*** Gentle Yoga <i>Margaret</i>	Pilates <i>Eileen</i> 1-2-3	Qigong/Tai Chi Sword Forms <i>Hasmig</i>				
6:00pm	Pilates <i>Diane</i> 1-2-3	Yoga <i>Jerry</i> 2-3	Pilates <i>Victoria</i> 1-2-3	Yoga <i>Jerry</i> 1-2-3			
7:00pm	Yoga <i>Cassie</i> 1-2-3		Zumba <i>Rosa</i> 1-2-3				
8:00pm				Yoga <i>Jennifer</i> 1-2-3			