

Fitness Classes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	BODYPUMP 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio		BODYPUMP 6:00 - 6:45 AM <i>Peggy</i> Mind & Body Studio	Effective October 1st Schedule subject to change * Please register online due to space/equipment limitations (allows us to communicate with you also!) * To allow members on waitlist to take class, please cancel if you are unable to attend			
	7:00 AM	Cycle HIIT 7:15 - 7:45 AM <i>Peggy</i> Cycle Studio		SPRINT 7:15 - 7:45 AM <i>Kimi</i> Cycle Studio				
	8:00AM	RPM 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	BODYPUMP 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	RPM 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	BODYPUMP 8:00 - 8:45 AM <i>Tamara</i> Mind & Body Studio	RPM 8:00 - 8:45 AM <i>Terri</i> Cycle Studio	RPM 8:00 - 8:45 AM <i>Michelle</i> Cycle Studio	
		BELLY DANCE 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio		BELLY DANCE 8:00 - 8:45 AM <i>Stuti</i> Fitness Studio				
	9:00 AM	STAYFIT Fluidity 9:00 - 9:45 AM <i>Kaleo</i> Fitness Studio	STAYFIT Mat 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	STAYFIT Cardio 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	STAYFIT Mat 9:00 - 9:45 AM <i>Susie</i> Fitness Studio	STAYFIT Energy 9:00 - 9:45 AM <i>Kimi</i> Fitness Studio	YOGA FLOW 9:00 - 9:45 AM <i>Peggy</i> Mind & Body Studio	BODYPUMP 9:00 - 9:45 AM <i>Terri / Tamara</i> Mind & Body Studio
		HOT YOGA 9:00 - 10:15 AM <i>Jamie</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	VINYASA YOGA 9:00 - 10:15 AM <i>Dana</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Tamara</i> Mind & Body Studio	HOT YOGA 9:00 - 10:15 AM <i>Brook</i> Mind & Body Studio		
	10:00 AM	Qi Gong 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio			Qi Gong 10:00 - 10:45 AM <i>Kaleo</i> Fitness Studio		BODYPUMP 10:00 - 10:45 AM <i>Peggy</i> Mind & Body Studio	RPM 10:00 - 10:45 AM <i>Terri / Michelle</i> Cycle Studio
	11:00 AM	MAT PILATES 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	BARRE 11:00 - 11:45 AM <i>Terri</i> Mind & Body Studio	BALANCE/CORE/ STRENGTH 11:00 - 11:45 AM <i>Diana</i> Mind & Body Studio	BARRE 11:00 - 11:45 AM <i>Kimi</i> Mind & Body Studio	CORE-LATES 11:00 - 11:45 AM <i>Brook</i> Mind & Body Studio	BODYCOMBAT 11:00 - 11:45 AM <i>Tamara</i> Mind & Body Studio	VINYASA YOGA 11:00 AM - 12:15 PM <i>Brook</i> Mind & Body Studio
							BODYBALANCE 11:00 - 11:45 AM <i>Peggy</i> Fitness Studio	
	12:00 PM	BODYPUMP 12:00 - 12:45 PM <i>Tamara</i> Mind & Body Studio	HATHA YOGA 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	BODYPUMP 12:00 - 12:45 PM <i>Terri</i> Mind & Body Studio	HATHA YOGA 12:00 - 1:15 PM <i>Susie</i> Mind & Body Studio	SPRINT 12:00 - 12:30 PM <i>Tamara</i> Cycle Studio		
	4:00 PM / 5:00 PM	STRENGTH & CONDITIONING 5:00 - 5:45 PM <i>Casey</i> Mind & Body Deck					HOT YOGA 4:00 - 5:15 PM <i>Brook</i> Mind & Body Studio	
	5:30 PM		BODYPUMP 5:30 - 6:15 PM <i>Terri</i> Mind & Body Studio		BODYPUMP 5:30 - 6:15 PM <i>Elizabeth</i> Mind & Body Studio	October Events: Register via Member Portal Mon 10/9 - Sun 10/15: Les Mills Launch Sun 10/15: Hike with Pups at Brazil Ranch Breast Cancer Awareness Fundraising: 10/19 - Cycle and Sip 5:00pm 10/22 - Cycle and Coffee 10:00am 10/23 - Cancer Awareness Hot Yoga 6:00pm		
	6:00 PM	HOT YOGA 6:00 - 7:15 PM <i>Brook</i> Mind & Body Studio		HOT YOGA 6:00 - 7:15 PM <i>Jamie</i> Mind & Body Studio	BODYCOMBAT 9:00 - 9:45 AM <i>Elizabeth</i> Mind & Body Studio			
	6:30 PM		RPM 30 6:30 - 7:00 PM <i>Terri</i> Cycle Studio					
Pool		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00 AM	AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool	AQUA 10:00 - 10:45 AM <i>Michelle</i> Pool	AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool		AQUA 10:00 - 10:45 AM <i>Freddie</i> Pool	AQUA 10:00 - 10:45 AM <i>Sabrina</i> Pool	