

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	LOCATION
6am								
					Cardio Strength			<i>Outdoors</i>
					Rhina			
7am	Spin - Karla	Spin Tovah						<i>Outdoors</i>
			TRX- Karla					<i>Upstairs</i>
8am	Yoga-lates Tovah			Yoga -Fusion Tovah				<i>Downstairs</i>
		Barre - Lates Tovah	Spin Karla		Spin Karla			<i>Upstairs</i>
		Cardio Treking Pam				Spin Jesse & Karla		<i>Spin Studio</i>
8:30am							Zumba J-Lynne	<i>Downstairs</i>
							Spin Renee	<i>Spin Studio</i>
9am	9:10am Cardio Sculpt Karla		Tabata Sculpt Susie		MashUp Conditioning Karla	Sport Conditioning Heather		<i>Downstairs</i>
								<i>Upstairs</i>
9am				Spin - Renee				<i>Spin Studio</i>
								<i>Gym</i>
9:30am								<i>Downstairs</i>
						Zumba Karla		<i>Upstairs</i>
9:45am								<i>Upstairs</i>
10am					10:10am Stretch Tina			<i>Downstairs</i>
11:00								
4pm								<i>Upstairs</i>
4:30pm								<i>Downstairs</i>
5:30pm								<i>Downstairs</i>
								<i>Upstairs</i>
6pm								<i>Upstairs</i>
								<i>Spin Studio</i>