

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7:15 AM ATHLETIC CIRCUIT PALOMA	8:30 AM ★ FUNDAMETALS PALOMA	7:15 AM ATHLETIC CIRCUIT FELICIA	8:30 AM BOOTCAMP AUDREY	7:15 AM HIIT CYCLE FELICIA	8:30 AM CYCLE FERN	8:15 AM ★ AQUAFIT ROZ
9:15 AM ★ AQUAFIT DEBRA	9:15 AM ★ AQUAFIT REZA	9:15 AM ★ AQUAFIT SIMIN	9:15 AM ★ AQUAFIT WENDY	9:15 AM ★ AQUAFIT ANDREA	9:30 AM PILTES VAL	8:30 AM BOOTCAMP ANTONIO
9:30 AM CYCLE FERN	9:30 AM CYCLE AUDREY	9:30 AM CYCLE MELISSA	9:30 AM PERFORMANCE CYCLE GAYLE	9:30 AM CYCLE MICHELLE B	9:30 AM CYCLE ALY	9:30 AM CYCLE MICHELLE B
9:30 AM ★ THERAPEUTIC YOGA DAVID	9:30 AM MUSCLE SCULPT ALIN	9:30 AM MUSCLE MIX LISA	9:30 AM PILATES VAL	9:30 AM BOOTCAMP GAYLE	9:30 AM YOGA FERN	9:30 AM BARRE DANI
9:30 AM MUSCLE SCULPT KAREN	9:30 AM PILATES FOAM ROLL NADINE	9:30 AM ★ THERAPEUTIC ROLL DAVID	10:15 AM ★ AQUAFIT WENDY	10:15 AM ★ AQUAFIT DEBRA	10:30 AM BOOTCAMP LANA	10:30 AM ★ YOGA FLOW LISA
10:15 AM ★ AQUAFIT DEBRA	10:15 AM ★ AQUAFIT REZA	10:15 AM ★ AQUAFIT SIMIN	10:30 AM MUSCLE SCULPT GAYLE	10:30 AM ★ IYENGAR YOGA MICHELE M	10:30 AM ★ IYENGAR YOGA MICHELE M	10:30 AM BARRE SCULPT DANI
10:30 AM YOGA FERN	10:30 AM ABS AND GLUTES ALIN	10:30 AM ★ THERAPEUTIC YOGA DAVID	11:30 AM ZUMBA ALLA	10:30 AM ★ CHAIR FITNESS SID - STUDIO C	11:30 AM ZUMBA GAIL R.	11:30 AM ★ ZUMBA GAYLE
10:30 AM MUSCLE MIX AUDREY	10:30 AM ★ YOGALATES SANDI	10:30 AM ★ PILATES NADINE	12:30 PM EXPRESS SCULPT AHANA	10:30 AM MUSLCE MIX LISA	12:30 PM ★ BARRE DANI	
11:30 AM ★ GENTLE YOGA MICHELLE A				11:30 AM ★ IYENGAR YOGA MICHELE M	EVENING CLASSES CONTINUE ON THE BACK	

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

11:30 AM ZUMBA DINA	11:30 AM ★ CHAIR YOGA ORLI - STUDIO 114	11:30 AM ★ GENTLE YOGA MICHELLE A	12:30 PM ★ GENTLE YOGA ORLI	11:30 AM ZUMBA GAIL
12:30 PM PILATES VAL	11:30 AM ★ BARRE YOGA DANI	11:30 AM ZUMBA KARMIEL	1:30 PM ★ GENTLE YOGA ORLI	12:30 PM PILATES ANDREA
5:30 PM MUSCLE SCULPT BETH	11:30 AM ★ IYENGAR YOGA ETHEL	12:30 AM EXPRESS SCULPT KARMIEL	4:30 PM MUSCLE MIX ALIN	1:00 PM ★ AQUAFIT BONNIE
6:30 PM CYCLE ALY	12:30 PM EXPRESS SCULPT CATHY	5:30 PM MUSCLE SCULPT PALOMA	5:30 PM ★ PILATES LISA	
6:30 PM ★ BARRE DANI	1:30 PM ZUMBA GAYLE	6:30 PM CYCLE SAMMY	6:30 PM YOGALATES LISA	
7:30 PM VINYASA YOGA MARY	5:30 PM PILATES BONNIE	6:30 PM BOOTCAMP BETH	6:30 PM CARDIO CIRCUIT ROZ	
7:30 PM ZUMBA MICHELLE A	5:30 PM CYCLE ELISE	6:30 PM IYENGAR YOGA MICHELLE M	6:30 PM CYCLE AUDREY	
	6:30 PM MUSCLE SCULPT LESLEY L.	7:30 PM ★ IYENGAR YOGA MICHELLE M	7:30 PM VINYASA YOGA MARY	
	7:30 PM YOGA JULIE	7:30 PM ZUMBA SHIREEN	7:30 PM ZUMBA TBA	
	7:30 PM ZUMBA SHIREEN			

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ROOM LOCATIONS

MAIN STUDIO

CYCLE

POOL

YOGA STUDIO

★ INDICATES LOW INTENSITY CLASS ★