

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