

CLASS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR
5:30-6:20AM	BODY PUMP	ASHLEY
5:30-6:20AM	RAC CYCLING	JENNY
8:00-8:50AM	H2O CARDIO	TRACY
9:00-9:50AM	BODY PUMP	LYNETTE
9:00-9:50AM	RAC CYCLING	SANDY
9:15-10:05AM	HEATED POWER YOGA	CATHERINE
9:15-10:05AM	HATHA YOGA	AMANDA
10:30-11:20AM	BODY FLOW	RACHEL
11:30-12:20PM	MAT PILATES	SARAH
12:00-12:50PM	BODY PUMP	ALLISON
12:15-1:00PM	LAND TURNED WATER	MEL
1:30-2:05PM	CORE STRENGTH	SANDY
4:30-5:20PM	BODY PUMP	CARLA
6:00-6:50PM	BODY COMBAT	CARLA
6:00-6:50PM	HEATED POWER YOGA	COLLEEN

TUESDAY

TIME	CLASS	INSTRUCTOR
5:05-5:40AM	SPRINT	NATALIE
5:30-6:20AM	BODY ATTACK	CASHA
8:00-8:50AM	FIT & FAB	TRACY
8:45-9:35AM	YIN YOGA	KATE
9:30-10:20AM	BODY COMBAT	CARLA
9:00-9:50AM	AQUABATA	TRACY
9:30-10:20AM	MAT PILATES	KATIE
11:00-11:50AM	BARRE POWER	KATIE
12:00-12:50pm	MASTERS LITE	MARCIA
2:00-2:50PM	BODY PUMP	LAURY
5:30-6:20PM	BARRE POWER	DOT
5:30-6:20PM	BODY PUMP	CASHA
6:15-7:10PM	HIT THE WATER	MEGHAN
6:00-6:50PM	SLOW FLOW & MEDITATION	AMANDA
7:00-8:00PM	HIP HOP HEATED YOGA	COLLEEN

WEDNESDAY

TIME	CLASS	INSTRUCTOR
5:05-5:40AM	SPRINT	HOLLY
5:30-6:20AM	BODY PUMP	ASHLEY
8:00-8:50AM	H2O CARDIO	TRACY
9:00-9:50AM	RAC CYCLING	SANDY
9:15-10:05AM	OUTDOOR POWER YOGA	SASHA
9:15-10:05AM	HATHA YOGA	ABRONA
10:30-11:20AM	BODY FLOW	TONYA
11:00-11:50AM	BARRE POWER	SARAH
12:15-1:00PM	LAND TURNED WATER	MEL
12:30-1:20PM	ZUMBA	LINDSEY
1:30-2:05PM	CORE STRENGTH	SANDY
4:30-5:20PM	BODY PUMP	LYNETTE
5:00-5:50PM	YIN YOGA	JILL
6:00-6:50PM	BODY COMBAT	CARLA
6:00-6:50PM	BUTI YOGA	CATHRINE
7:00-8:00PM	SLOW FLOW & MEDITATION	ASHLEY

THURSDAY

TIME	CLASS	INSTRUCTOR
5:30-6:05AM	GRIT	SONJA
8:00-8:50AM	FIT & FAB	TRACY
8:30-9:20AM	MAT PILATES	LEE
9:00-9:50AM	AQUABATA	TRACY
9:30-10:20AM	BODY STEP	RACHEL
10:00-10:50AM	YIN YANG YOGA	AMANDA
11:00-11:50AM	BODY PUMP	REBEKAH
12:00-12:50pm	MASTERS LITE	MARCIA
2:00-2:50PM	BODY PUMP	LAURY
4:30-5:20PM	BODY ATTACK	CASHA
4:30-5:20PM	BARRE POWER	DOT
5:35-6:25PM	BODY PUMP	CASHA
6:00-6:50PM	HEATED POWER YOGA	COLLEEN
6:15-7:10PM	HIT THE WATER	MEGHAN

FRIDAY

TIME	CLASS	INSTRUCTOR
5:30-6:20AM	BODY STEP	ASHLEY
8:00-8:50AM	AQUA ENGERGY	TRACY
9:00-9:50AM	BODY COMBAT	LAURY
9:00-9:50AM	PRANA VINYASA YOGA	JILL
9:00-9:50AM	RAC CYCLING	SANDY
10:30-11:20AM	BODY FLOW	TONYA
12:00-12:35PM	CORE STRENGTH	SANDY
12:00-12:50PM	BARRE POWER	KATIE
5:30-6:30PM	BODY PUMP	CARLA
7:00-7:50PM	GENTLE RESTORATIVE	JILL

SATURDAY

TIME	CLASS	INSTRUCTOR
7:00-7:50AM	BODY ATTACK	CASHA
8:05-8:55AM	BODY PUMP	CASHA
8:00-8:50AM	YIN YOGA	KIRSTEN
9:00-10:00AM	HEATED POWER YOGA	JASON
9:30-10:20AM	BODY FLOW	LYNETTE
10:15-11:05AM	MAT PILATES	HOLLY
10:40-11:30AM	BODY COMBAT	CARLA
11:30-12:20PM	BARRE POWER	KATIE

SUNDAY

TIME	CLASS	INSTRUCTOR
8:10-8:45AM	SPRINT	NATALIE
9:00-9:50AM	YIN YANG YOGA	JOSEPH
9:05-9:55AM	BODY COMBAT	LAURY
10:15-11:15AM	BODY PUMP	LAURY
10:30-11:30AM	HEATED POWER YOGA	ABRONA
4:30-5:20PM	ENLIGHTEN FLOW	JILL

ENLIGHTEN STUDIO STUDIO 1 STUDIO 2 CYCLING STUDIO POOL