

12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY	17 SATURDAY	18 SUNDAY
5:45AM MELISSA LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM DANA LES MILLS BODYSTEP	8:00AM KAREN PIYO
8:15AM JEN LOW 30	8:15AM JEN Muscles	8:15AM SABRINA LES MILLS BODYSTEP	8:15AM CHRISSY KICKBOXING 30	8:15AM LAUREN Muscles	9:05AM KARLA LES MILLS BODYATTACK	9:00AM LYNN LES MILLS BODYPUMP
8:45AM JEN			8:45AM CHRISSY			
PILATES 30			MUSCLES 30			
9:30AM NIKKI Cardio Circuits	10:45AM JEN HARDCORE	9:30AM NIKKI Cardio Circuits	9:30AM KATHARINE sweat	9:30AM BRISA ZUMBA	10:15AM REBECCA LES MILLS BODYPUMP	
10:35AM JEN Foam Roller 20			11:00AM REBECCA ZUMBA		11:15AM REBECCA ZUMBA	
12:15PM SUSAN LES MILLS BODYPUMP	12:00PM BRISA ZUMBA	12:00PM SUSAN CX WORKX	12:15PM MARTHA LES MILLS BODYPUMP	 <p>tone</p> <p>LES MILLS TONE combines blocks of strength, cardio and core training into one complete & convenient workout that you can enjoy at your own pace. This multi-peak workout burns calories and builds fitness & strength while improving energy levels, flexibility, balance, agility and core strength. You will leave feeling empowered and on track for all-around functional fitness. Don't Miss It!!</p>		
		12:30PM SUSAN tone				
4:30PM AUDREY LES MILLS BODYPUMP	4:30PM DARREN tone	4:30PM JEN Muscles	4:30PM CHRISSY KICKBOXING CIRCUITS			
5:30PM AMBER LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP	5:45AM KARLA SH'BAM	5:30PM DARREN CX WORKX			
			6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM CHRIS CARDIO DANCE	6:30PM ANNIE LES MILLS BODYSTEP		6:30PM ANN tone			
			7:00PM ANN LES MILLS BODYPUMP EXPRESS			

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM CATHY Morning Flow	6:00AM OPEN YOGA			
9:30AM NIKKI Yoga Level 2		9:30AM NIKKI Yoga Level 2	8:15AM TONY Pilates/Core Yoga	9:30AM TONY Power Yoga	9:15AM LORA Yoga Level 2	
11:00AM SHEILA W. Gentle/Beg.	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg.	11:00AM NIKKI Yoga Level 1	11:00AM MONA Gentle/Beg.	10:30AM SHEILA Yoga Level 1	10:30AM NIKKI Yoga Level 2
		12:15PM SHEILA M. Deep Stretch Slow Flow		12:15PM MONA Deep Stretch Slow Flow		2:30PM LORETTA Gentle/Beg.
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	6:00PM BARBARA Mixed Lev Flow Vinyasa	6:00PM TONY Yoga Level 3	6:00PM LANCE BoxingYoga			5:30PM TONY Meditation

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM KARA SPIN	5:45AM JODEE SPIN	6:00AM VICKY SPIN	8:05AM MELISSA LES MILLS RPM	8:05AM VICKY SPIN
9:30AM JEN SPIN		9:30AM JULIE LES MILLS RPM		8:30AM NIKKI SPIN	9:15AM MARTHA SPIN	
12:15PM MARTHA SPIN	12:15PM JEN LES MILLS RPM	12:15PM CINDY N. SPIN	12:15PM AUDREY LES MILLS RPM	12:15PM TIFFANY SPIN		
6:00PM LISA B. SPIN	6:00PM JODEE SPIN	6:00PM AUDREY LES MILLS RPM				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KIM Water Fitness	8:30AM ANNE Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	<p>**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org</p>
9:45AM TERESA Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45AM LAUREN Gentle Aqua	9:45-10:30AM Open Water			
12:00PM DAVID Water Works		12:00PM NUMEDA HIIT			2:00PM **LINDA** Hirsch Center Class	