

16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY	21 SATURDAY	22 SUNDAY
5:45AM MELISSA 			6:00AM VICKY 		8:00AM ANNIE 	
8:15AM JEN LOW 30	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA 		8:15AM JEN Muscles		8:00AM ANN 
8:45AM JEN PILATES 30	8:45AM CHRISSY Muscles 30				9:05AM KAREN 	9:00AM DARREN 
9:30:00 AM NIKKI CARDIO CIRCUITS	9:30AM AMBER 	9:30AM LAUREN Muscles	9:30AM JEN SWEAT	9:30AM BRISA Zumba	10:15AM LYNN 	
10:35 AM JEN Foam Roller Stretch		12:00PM SUSAN 	11:00AM REBECCA Zumba		11:15AM PAM W Zumba	
12:15AM LYNN 	12:00PM BRISA Zumba	12:30PM SUSAN 	12:15PM MARTHA 			
4:30PM DARREN 	4:30PM MANDY 	4:30PM BRISA Strong	5:30PM DARREN 			
5:30PM KARLA 	5:30PM REBECCA 	5:30PM CHRIS M CARDIO DANCE	6:00PM SABRINA 			
	6:30PM ANNIE 	6:30PM CHRIS M POUND	6:30PM ANN 			
			7:00PM ANN 			
<b>MIND/BODY STUDIO</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM WARD Power Yoga	6:00AM OPEN YOGA			
			8:15AM JEN Pilates		9:15AM DONNA Yoga Level 2	
9:30AM NIKKI Yoga Level 2		9:30AM BARBARA Yoga Level 2		9:30AM TONY Power Yoga	10:30AM DONNA Yoga Level 1	10:30AM STEVE Yoga Level 2
11:00AM SHEILA Gentle/Beg. Yoga	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg. Yoga	11:00AM NIKKI Yoga Level 1	11:00AM MARGEE Gentle/Beg. Yoga		
		12:15PM ANNE Deep Stretch Slow Flow	12:15PM SUSAN L. Flex Strength	12:15PM MARGEE Deep Stretch Slow Flow		2:30 PM BARBARA Gentle/Beg. Yoga
						4:00PM NIKKI Yoga Level 2
6:00PM LORETTA Yoga Level 2	5:30PM BARBARA Warm Flow Vinyasa	6:00PM STEVE Yoga Level 3	6:00PM JEN J. Yoga Level 2			5:30PM TONY Yoga Level 3
<b>SPIN/RPM STUDIO</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM MIKE C 	5:45AM KATHY SPIN	6:00AM VICKY SPIN	8:05AM MIKE C 	8:05AM VICKY SPIN
9:30AM JEN SPIN		9:30AM JULIE 		8:30AM NIKKI SPIN	9:15AM MARTHA SPIN	
12:15 MARTHA SPIN	12:15PM JEN 	12:15PM Kathy SPIN	12:15PM MARGEE 			
				12:15PM TIFFANY SPIN		
6:00AM LISA B SPIN	6:00PM JODEE SPIN	6:00PM MARTHA 				
<b>POOL</b>						
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 LINDA Water Fitness	
9:45AM TBD Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			

**WE ♥ OUR MEMBERS**

Bring your friends & join us at ClubFitness Oak Branch for a Family Friendly Member Social April 20, 6-9pm!

See you there!