

Class Schedule

**Starting
Sept
27th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <u>9-10am</u> Cardio Challenge 60 min Jana <u>10-11am</u> Total Body Sculpt 60 min Jana
5:45am	Cardio-Toning/ step 60 min Martha		Cardio-Toning/ step 60 min Martha			
6:00am		Gentle Yoga 45 min Kat		Gentle Yoga 45 min Kat		
6:45am	Yogalates 60 min Cori				<u>7:00am</u> Cardio-Toning 60 min Martha	
7:45 am	Stretch 45 min Dane	Stretch 45 min Paula/Jana	Stretch 45 min Dane	Stretch 45min Jana	<u>8:00am</u> Stretch 30 min Martha	
8:45am	Circuit Challenge 60 min Julie	Gentle Yoga 45 Min Liz	Cardio Challenge 60 min Denise	Gentle Yoga 45 Min Liz	<u>9:10am</u> <u>Step/ Bosu</u> <u>Drills &</u> <u>Intervals</u> 60 min Denise	
9:30am		Absolutely Ripped Liz 25 min		Absolutely Ripped Liz 25 min	Saturday <u>3:00pm</u> Youth Strength 45 min Dane	
10:00am	Stability Ball/ Sculpt 60 min Julie	Power Yoga 45 min Liz	<u>10:00am</u> <u>'Core Fusion'</u> <u>75 min</u> We took the best from pilates, Yoga, and Total Body Sculpt, and strength training	Power Yoga 45 min Liz		<u>10:10am</u> <u>'Core Sculpt'</u> <u>80 min</u> 50 min of sculpt 30 min of pilates Denise/Karen
11:00am	"Guts & Butts" 45 min Julie	Cardio Challenge 60 min Denise	to offer an awesome mix. You will love this class!! Karen	Kickboxing/Abs 45 min of Cardio 15 min of abs Jana		
12:00pm	Power Pump 60 min Sydney	Total Body Sculpt 45 min Jana	Power Pump 60 min Sydney	Zumba Mix 60 min Martha	Power Pump 60 min Sydney	
1:00pm						
4:45pm	Cardio Challenge 45 min Jana	Yogalates 45 min Sydney	Stability Ball 60 min Jana	Yogalates 45 min Sydney		
5:45pm	<u>5:30pm</u> Youth Strength 45 min Dane	Power Pump 60 min Sydney	Zumba Mix 60 min Martha	Power Pump 60 min Sydney	<u>5:30pm</u> Youth Strength 45 min Dane	
6:45pm	<u>6:15pm</u> Intro to Yoga 60 min Daniella	Absolutely Ripped 20-30 min	Continuing Yoga 60 min Daniella	Absolutely Ripped 20-30 min		
7:15pm	Youth Core 30 min Dane	Weight room 101** 45 min <i>Must sign up ahead of time in the studio!!</i>	<u>7:45pm</u> Youth Strength 45 min Dane	Weight room 101** 45 min <i>Must sign up ahead of time in the studio!!</i>		