













Yellow = time, format and/or staff change

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 A.M.			CYCLE TRAINING DEAN		CYCLE TRAINING KEVIN		
8:00 A.M.	CYCLE TRAINING GARY						CYCLE TRAINING KEVIN
8:15 A.M.	CARDIO CHISEL JULIE						
8:30 A.M.		RESULTS EXPRESS STAFF				RESULTS EXPRESS STAFF	FIT KIDS STAFF
9:00 A.M.		A.M. STRETCH STAFF	A.M. STRETCH STAFF	A.M. STRETCH STAFF	A.M. STRETCH STAFF	A.M. STRETCH STAFF	
9:00 A.M.		STEP JUMP & PUMP JEAN		PILATES MAT MARLENE		CARDIO CHISEL DEB	
9:00 A.M.		CYCLE TRAINING MARLENE		CYCLE TRAINING DEB	CYCLE TRAINING TED	CYCLE TRAINING ANGEL	
9:30 A.M.		CORE STAFF	RESULTS EXPRESS STAFF	CORE STAFF	RESULTS EXPRESS STAFF	CORE STAFF	CARDIO/STRONG KATHLEEN
10:00 A.M.	YOGA FUSION LYNN	AQUA FIT KELLY M.		AQUA FIT KELLY M.		AQUA FIT MARIE	
10:15 A.M.		BODY TONE MARLENE	TOTAL BODY CARDIO LORI		LOCO- MOTION KRISTIN	BODY TONE MARLENE	
10:30 A.M.							PILATES MAT LYNN
11:00 A.M.			AQUA FIT KELLY M.	LINE DANCING+ SANDRA 11:15am	AQUA FIT MARLENE		
12:15 P.M.							
4:30 P.M.		NO EXCUSE PAULA	FIT KIDS STAFF	NO EXCUSE KATHLEEN	FIT KIDS STAFF		
5:30 P.M.		CYCLE TRAINING MIKE	CYCLE TRAINING MIKE	CYCLE TRAINING NATALIE	CYCLE TRAINING MARCELA	CYCLE TRAINING NILTON	
5:30 P.M.		FIT KIDS STAFF	CORE STAFF	FIT KIDS STAFF			
5:30 P.M.			BOXING & MORE KRISTIN	YOGA FUSION LYNN			
6:30 P.M.		CYCLE TRAINING STAFF 6:45pm	H2O CARDIO TONE KELLY L.		AQUA POWER MARCELA		
6:45 P.M.		YOGA WITH DIANE 90 Minutes	PILATES MAT LYNN		BOOT CAMP NATALIE		