

CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 am- 6:30 am Pulse Alexa	6:00 am- 6:45 am Rise & Grind Janine	5:30 am -6:30 am Pulse Carl	6:00 am- 6:45 am Rise & Grind Janine	5:30 am -6:30 am Pulse Lindsay	
						8:00 am -9:00 am Pulse Kevin
		8:30 am- 9:30 am Pulse Alexa		8:30 am- 9:30 am Pulse Alexa		
9:00 am-9:45 am Bells & Balls Kevin						9:00 am -10:00 am Step/Kickboxing Kevin
10:00 am-10:50 am HIIT It Hard Lisa						10:00 am- 10:45 am Wake Up & Ride Stacey
		5:00 pm-5:30 pm HIIT Tiffany		5:00pm-5:30 pm HIIT Tiffany		
	5:00 pm- 5:45 pm P90x Candy		5:00 pm -5:45 pm Ryan T.G.I.F.			
	6:00 pm-6:45 pm Cycling Candy	6:00 pm-6:45 pm Cycling Ed	5:30 pm-6:15 pm Cycling Tiffany	6:00 pm- 6:45 pm Cycling ED	5:30 pm -6:15 pm Cycling Candy	
	6:00 pm- 7:00 pm Pulse Lindsay	6:00 pm- 7:00 pm Pulse Alexa	6:00 pm-7:00 pm Pulse Kevin	6:00 pm-7:00 pm Pulse Lindsay		
	6:00 pm-6:45 pm Butt & Gut Vanessa		6:45 pm -7:30 pm C&S Club Jam Janine			

