

Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11	Sunday 2/12
<p>Cardio Chisel 6:00AM - 7:00AM Group Fitness Studio, Mary Jo</p> <p>Group Cycling 6:00AM - 7:00AM Cycling Studio, Renee</p> <p>Warm Vinyasa Yoga 6:00AM - 7:00AM Yoga Studio, Tracy</p> <p>Pilates Reformer 7:00AM - 8:00AM Pilates Studio, Amanda</p> <p>Hatha Yoga 7:30AM - 8:30AM Yoga Studio, Kristy</p>	<p>Group Cycling 5:45AM - 6:45AM Cycling Studio, Rebecca</p> <p>Iyengar Yoga 6:00AM - 7:15AM Yoga Studio, Brad</p> <p>Pilates Reformer 6:00AM - 7:00AM Pilates Studio, Meg</p> <p>Sports Training 6:15AM - 7:15AM Group Fitness Studio, Kim</p> <p>Bar Conditioning 7:30AM - 8:30AM Yoga Studio, Jill</p>	<p>Group Cycling 6:00AM - 7:00AM Cycling Studio, Lise</p> <p>Total Body Conditioning 6:00AM - 7:00AM Group Fitness Studio, Coulter</p> <p>Warm Vinyasa Yoga 6:15AM - 7:15AM Yoga Studio, Liz</p> <p>Pilates Reformer 7:00AM - 8:00AM Pilates Studio, Jill</p>	<p>Group Cycling 5:45AM - 6:45AM Cycling Studio, Kim</p> <p>Hatha Yoga 6:00AM - 7:15AM Yoga Studio, Roger</p> <p>Pilates Reformer 6:00AM - 7:00AM Pilates Studio, Jill</p> <p>Group Kick 6:15AM - 7:15AM Group Fitness Studio, Laura</p> <p>Bar Conditioning 7:30AM - 8:30AM Yoga Studio, Jill</p>	<p>Group Cycling 6:00AM - 7:00AM Cycling Studio, Lucy</p> <p>Pilates Mat 6:15AM - 7:15AM Group Fitness Studio, Erica C</p> <p>Pilates Mat 6:15AM - 7:15AM Group Fitness Studio, Erica</p> <p>Yoga Sculpt 6:15AM - 7:15AM Yoga Studio, Mary Jo</p>	<p>Cycle Sculpt 8:30AM - 10:00AM Cycling Studio, Pat</p> <p>Group Kick 9:30AM - 10:30AM Group Fitness Studio, CAC Team</p> <p>Pilates Reformer 9:30AM - 10:30AM Pilates Studio, Erica</p> <p>Warm Vinyasa Yoga 9:30AM - 10:30AM Yoga Studio, Deb</p>	<p>Group Power 9:30AM - 10:30AM Group Fitness Studio, Katie</p> <p>Hot Yoga 9:30AM - 11:00AM Yoga Studio, John</p>
<p>Quick Fit 11:00AM - 11:30AM Group Fitness Studio, Raul</p> <p>Cardio Chisel 11:30AM - 12:30PM Group Fitness Studio, Mary Jo</p> <p>Pilates Reformer 11:30AM - 12:30PM Pilates Studio, Jill</p> <p>Warm Vinyasa Yoga 11:30AM - 12:45PM Yoga Studio, Amy</p> <p>Group Cycling 12:00PM - 1:00PM Cycling Studio, Mary</p> <p>Group Kick 12:30PM - 1:30PM Group Fitness Studio, Junko/Chris</p> <p>Jumpboard Pilates Reformer 12:30PM - 1:30PM Pilates Studio, Amanda</p>	<p>BOSU Blast 11:15AM - 12:00PM Group Fitness Studio, Junko</p> <p>Group Cycling 11:30AM - 12:30PM Cycling Studio, Alec</p> <p>Core Express 12:00PM - 12:30PM Group Fitness Studio, Junko</p> <p>Warm Vinyasa Yoga 12:00PM - 1:00PM Yoga Studio, Liz</p> <p>Pilates Mat 12:30PM - 1:30PM Group Fitness Studio, Jill</p> <p>Pilates Mat 12:30PM - 1:30PM Group Fitness Studio, Jill E</p>	<p>Quick Fit 11:00AM - 11:30AM Group Fitness Studio, Raul</p> <p>Group Power 11:30AM - 12:30PM Group Fitness Studio, Laura</p> <p>Iyengar Yoga 11:30AM - 12:45PM Yoga Studio, Kila</p> <p>Group Cycling 12:00PM - 1:00PM Cycling Studio, Jon</p> <p>Jumpboard Pilates Reformer 12:30PM - 1:30PM Pilates Studio, Jill</p> <p>Sports Training 12:30PM - 1:30PM Group Fitness Studio, Katie</p>	<p>Zumba 11:15AM - 12:00PM Group Fitness Studio, Lexi</p> <p>Group Cycling 11:30AM - 12:30PM Cycling Studio, Renae</p> <p>Core Express 12:00PM - 12:30PM Group Fitness Studio, Chris</p> <p>Hot Yoga 12:00PM - 1:00PM Yoga Studio, Toni</p> <p>Pilates Mat 12:30PM - 1:30PM Group Fitness Studio, Erica C.</p> <p>Pilates Mat 12:30PM - 1:30PM Group Fitness Studio, Erica</p>	<p>Bar Conditioning 11:30AM - 12:30PM Yoga Studio, Jill</p> <p>Cardio Chisel 11:30AM - 12:30PM Group Fitness Studio, Renae</p> <p>Group Cycling 12:00PM - 1:00PM Cycling Studio, Rob</p> <p>Advanced Pilates Reformer 12:30PM - 1:30PM Pilates Studio, Jill</p> <p>Cardio Kickboxing 12:30PM - 1:30PM Group Fitness Studio, Junko</p> <p>Iyengar Yoga 12:30PM - 1:45PM Yoga Studio, Emma</p>	<p>Hot Yoga 12:30PM - 2:00PM Yoga Studio, Vali</p>	

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<p>Hatha Yoga 4:30PM - 5:30PM Yoga Studio, Alisha</p>	<p>Armed & Dangerous 4:30PM - 5:00PM Group Fitness Studio, Phil</p>	<p>Hot Yoga 4:30PM - 5:45PM Yoga Studio, Vali</p>	<p>Bar Conditioning 4:30PM - 5:30PM Yoga Studio, Jill</p>	<p>Restorative Yoga 4:30PM - 5:30PM Yoga Studio, Lynn</p>		<p>Warm Vinyasa Yoga 4:30PM - 5:30PM Yoga Studio, Heather</p>
<p>Nia 5:00PM - 5:45PM Group Fitness Studio, Tracy</p>	<p>Yoga Sculpt 4:30PM - 5:30PM Yoga Studio, Mary Jo</p>	<p>BOSU Blast 5:00PM - 5:45PM Group Fitness Studio, Junko</p>	<p>Below The Belt 4:30PM - 5:00PM Group Fitness Studio, Randi</p>			
<p>Pilates Reformer 5:15PM - 6:15PM Pilates Studio, Jill</p>	<p>Core Express 5:00PM - 5:30PM Group Fitness Studio, Phil</p>	<p>Pilates Reformer 5:15PM - 6:15PM Pilates Studio, Jill</p>	<p>Core Express 5:00PM - 5:30PM Group Fitness Studio, Randi</p>			
<p>Vinyasa Yoga 5:30PM - 6:45PM Yoga Studio, Kelly</p>	<p>Gentle Pilates Reformer 5:30PM - 6:30PM Pilates Studio, Amanda</p>	<p>Group Power 5:45PM - 6:45PM Group Fitness Studio, Lindsey</p>	<p>Group Cycling 5:30PM - 6:30PM Cycling Studio, Jon</p>			
<p>Cardio Chisel 5:45PM - 6:45PM Group Fitness Studio, Randi</p>	<p>Group Cycling 5:30PM - 6:30PM Cycling Studio, Matthew</p>	<p>Warm Vinyasa Yoga 6:00PM - 7:00PM Yoga Studio, John</p>	<p>Sports Training 5:30PM - 6:30PM Group Fitness Studio, Chris</p>			
<p>Group Cycling 6:30PM - 7:30PM Cycling Studio, Joy</p>	<p>Group Kick 5:30PM - 6:30PM Group Fitness Studio, Junko</p>	<p>Group Cycling 6:30PM - 7:30PM Cycling Studio, Junko</p>	<p>Warm Vinyasa Yoga 5:30PM - 6:45PM Yoga Studio, Paige</p>			
<p>Zumba 6:45PM - 7:45PM Group Fitness Studio, Afton</p>	<p>Group Centergy 6:30PM - 7:30PM Group Fitness Studio, Tim</p>	<p>Pilates Mat Cardio 6:45PM - 7:45PM Group Fitness Studio, Amanda</p>	<p>Pilates Reformer 6:30PM - 7:30PM Pilates Studio, Erica</p>			
<p>Bar Conditioning 7:00PM - 8:00PM Yoga Studio, Jill</p>	<p>Hot Yoga 7:00PM - 8:15PM Yoga Studio, John</p>	<p>Pilates Mat Cardio 6:45PM - 7:45PM Group Fitness Studio, Amanda F.</p>	<p>Hot Fusion Yoga 7:00PM - 8:00PM Yoga Studio, Keileen</p>			
		<p>Restorative Yoga 7:00PM - 8:00PM Yoga Studio, Lynn</p>				

Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17	Saturday 2/18	Sunday 2/19
<p>Cardio Chisel 6:00AM - 7:00AM Group Fitness Studio, Mary Jo</p> <p>Group Cycling 6:00AM - 7:00AM Cycling Studio, Renee</p> <p>Warm Vinyasa Yoga 6:00AM - 7:00AM Yoga Studio, Tracy</p> <p>Pilates Reformer 7:00AM - 8:00AM Pilates Studio, Amanda</p> <p>Hatha Yoga 7:30AM - 8:30AM Yoga Studio, Kristy</p>	<p>Group Cycling 5:45AM - 6:45AM Cycling Studio, Rebecca</p> <p>Iyengar Yoga 6:00AM - 7:15AM Yoga Studio, Brad</p> <p>Pilates Reformer 6:00AM - 7:00AM Pilates Studio, Meg</p> <p>Sports Training 6:15AM - 7:15AM Group Fitness Studio, Kim</p> <p>Bar Conditioning 7:30AM - 8:30AM Yoga Studio, Jill</p>	<p>Group Cycling 6:00AM - 7:00AM Cycling Studio, Lise</p> <p>Total Body Conditioning 6:00AM - 7:00AM Group Fitness Studio, Coulter</p> <p>Warm Vinyasa Yoga 6:15AM - 7:15AM Yoga Studio, Liz</p> <p>Pilates Reformer 7:00AM - 8:00AM Pilates Studio, Jill</p>	<p>Group Cycling 5:45AM - 6:45AM Cycling Studio, Kim</p> <p>Hatha Yoga 6:00AM - 7:15AM Yoga Studio, Roger</p> <p>Pilates Reformer 6:00AM - 7:00AM Pilates Studio, Jill</p> <p>Group Kick 6:15AM - 7:15AM Group Fitness Studio, Laura</p> <p>Bar Conditioning 7:30AM - 8:30AM Yoga Studio, Jill</p>	<p>Group Cycling 6:00AM - 7:00AM Cycling Studio, Lucy</p> <p>Pilates Mat 6:15AM - 7:15AM Group Fitness Studio, Erica C</p> <p>Pilates Mat 6:15AM - 7:15AM Group Fitness Studio, Erica</p> <p>Yoga Sculpt 6:15AM - 7:15AM Yoga Studio, Mary Jo</p>	<p>Cycle Sculpt 8:30AM - 10:00AM Cycling Studio, Pat</p> <p>Group Kick 9:30AM - 10:30AM Group Fitness Studio, CAC Team</p> <p>Pilates Reformer 9:30AM - 10:30AM Pilates Studio, Erica</p> <p>Warm Vinyasa Yoga 9:30AM - 10:30AM Yoga Studio, Deb</p>	<p>Group Power 9:30AM - 10:30AM Group Fitness Studio, Katie</p> <p>Hot Yoga 9:30AM - 11:00AM Yoga Studio, John</p>
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