

STUDIO and ANNEX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30 Strength Training Jane (Studio)	5:30-6:30 Yoga Drew (Studio)	6:00-6:30 Strength Training Jane (Studio)				
	7:00-7:30 CXWORX® Kerry (Studio)		7:00-7:30 CXWORX® Kerry (Studio)	8:00-9:00 SilverSneakers® Classic Debbie (Studio)		
8:00-9:00 SilverSneakers® Classic Dee (Studio)	8:00-9:00 Pilates Nada (Studio)				8:00-9:00 Zumba® Alexis/Jody (Studio)	
9:15-10:15 Yoga Debbie (Studio)	9:15-10:15 Zumba Maria (Studio)	9:15-10:15 Yoga Drew (Studio)	9:15-10:15 Pilates Debbie (Studio)	9:15-10:15 Barre None Kerry (Studio)	9:15-10:15 Zumba® Ashley (Studio)	9:15-10:15 Step Interval Blythe (Studio)
10:30-11:30 SilverSneakers® Classic Claudia (Studio)	10:30-11:15 Tiny Dancers Jen Fee based class	10:30-11:30 SilverSneakers® Circuit Karen (Studio)	10:30-11:15 Munchkins on Go Abi Fee based class	10:30-11:30 Zumba® Dolores (Studio)		10:30-11:30 Yoga Eileen (Studio)
11:40-12:40 SilverSneakers® Classic Claudia (Studio)	Aging Mastery 10:15-12:30 2/18 and 3/10	11:40-12:40 SilverSneakers® Circuit Marisa (Studio)	11:30-12:30 SilverSneakers® Classic Marisa (Studio)	11:30-12:30 SilverSneakers® Circuit Kerry/Dee (Studio)	9:00-10:00 Pilates Nada/Kerry (Annex)	11:45-12:45 Yoga Drew (Studio)
	12:45-1:45 Tai Ji Quan 10/29 - 4/27 Fee based class (Studio)	12:40-2:00 Yo Chi Claudia (Studio)	12:45-1:45 Tai Ji Quan 10/29 - 4/27 Fee based class (Studio)	12:40-2:00 Yo Chi Claudia (Studio)	10:30-11:30 Butts and Guts Blythe (Studio)	
Field Hockey 2:45-4:15 Jan. 13-Mar. 18 (Studio)	3:30-4:30 Escape (Studio)	Field Hockey 2:45-4:15 Jan. 13-Mar. 18 (Studio)	Swim Team 3:15-4:15 11/21-4/30 (Studio)	4:30-5:30 Hip Hop Jen Fee Based Class		
4:30-5:30 Zumba® Ashley (Studio)	4:30-5:30 Ballet Jen Fee Based Class	4:30-5:25 Tabata Dawne (Studio)				
5:35-6:35 Barre None Kerry (Studio)	5:30-6:30 Yoga Faith (Studio)	5:15-5:30 Hard Core Dawne(S)	5:30-6:25 Step Interval Blythe (Studio)			
	6:35-7:35 Zumba® Alexis (Studio)	5:45-6:45 Yoga Lisa (Studio)	6:30-7:25 Tabata Kerry (Studio)			
7:00-8:15 TKD/Self Defense Fee based class		7:00-8:15 TKD/Self Defense Fee based class				
7:15-8:15 Pilates Nada (Annex)			7:30-8:30 Yoga Trish (Studio)			