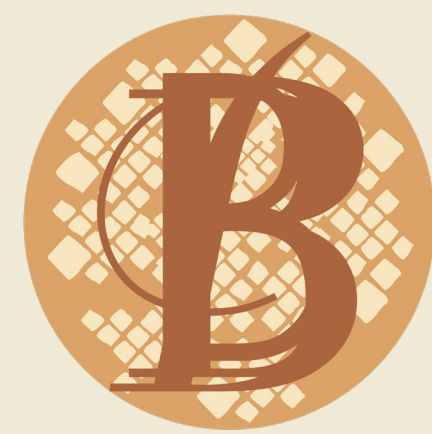




WEEKLY SCHEDULE

- PALISADE ROOM
- ALPINE ROOM
- BRIDGERS ROOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 11:00 AM	6:00 – 6:50 AM	6:00 – 6:50 AM	6:00 – 6:50 AM	5:35 – 6:25 AM	7:00 – 7:50 AM
LEVEL 2 YOGA Meg	LEVEL 2 BOOTCAMP Amy	CYCLE Azure	CYCLE Azure	BOOTCAMP Tana	FULL BODY CONDITIONING Shirley
	7:00 – 7:50 AM	6:00 – 7:00 AM	9:00 – 9:50 AM	6:00 – 6:50 AM	9:00 – 10:00 AM
	PILATES PLUS Shirley	SUNRISE YOGA Crystal	SENIOR FIT Britainey	CYCLE Azure	LEVEL 1 PILATES MAT Meredith
	9:00 – 10:00 AM	9:00 – 10:00 AM	9:00 – 9:50 AM	6:00 – 7:00 AM	
	STEP & TONE Britainey	LEVEL 2 PILATES MAT Cybil	LEVEL 1 PILATES Meredith	SUNRISE YOGA Crystal	
	10:00 – 10:30 AM	5:30 – 6:20 PM	10:00 – 10:30 AM	9:00 – 10:00 AM	
	CIRCL MOBILITY Britainey	LEVEL 1 BOOTCAMP Gabe	CIRCL MOBILITY Britainey	LEVEL 2 PILATES MAT Cybil	
	5:30 – 6:30 PM	5:30 – 6:30 PM	5:15 – 6:15 PM	12:00 – 1:00 PM	
	MULTILEVEL YOGA Brittany	LEVEL 2 YOGA Meg	LEVEL 2 PILATES MAT Meredith	LEVEL 1 YOGA Meg	
	5:30 – 6:20 PM		5:30 – 6:20 PM	5:30 – 6:25 PM	
	CYCLE Amy		CYCLE Amy	LEVEL 2 BOOTCAMP Gabe	
			5:30 – 6:15 PM	5:30 – 6:30 PM	
			ZUMBA Shirley	MULTILEVEL YOGA Jeanna	