










**Begins January 2, 2013**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-6:45am Cycle/Strength Deb		6:00-6:45am Muscle Pump Deb		7:30-8:25am Group Cycle Sarah
	8:15-9:10am Gentle Yoga Laurie		8:15-9:10am Gentle Yoga Laurie		8:15-9:10am Gentle Yoga Laurie	8:30-9:25am Muscle Pump Laurie
	9:15-10:00am Cardio Mix Dayna	9:00-9:45am Core Strength Emiko	9:15-10:00am Cardio Mix Dayna	9:00-9:45am Core Strength Emiko	9:15-10:00am Cardio Mix Dayna	9:30-10:25am YogaFlow Laurie
	10:00-10:30am Body Sculpt Dayna	9:55-10:45am  Emiko	10:00-10:30am Body Sculpt Dayna		10:00-10:30am Body Sculpt Dayna	10:30-11:30am  Laurie
12:00-12:55pm YogaFlow Jason		11:30-12:25pm YogaFlow Laurie		11:30-12:25pm YogaFlow Laurie	11:30-12:15pm  Emiko	
1:00-2:00pm H.I.I.T. Sarah/Rachel		3:30-4:10pm Step Express Laurie	3:30-4:10pm Step Interval Laurie	3:30-4:10pm Body Blast Circuit Emiko		
	4:00-4:55pm Muscle Pump Laurie	4:20-4:55pm Cycle Circuit Emiko	4:15-5:10pm Muscle Pump Laurie	4:20-4:55pm  Emiko	4:30-5:30pm 	
	5:00-5:20pm Power Core Laurie	5:00-5:55pm  Melinda	5:15-5:45pm Express Cycle Courtney	5:00-5:55pm  *Melinda	5:35-6:30pm Geny YogaFlow Jason	
	5:25-6:10pm Group Cycle Sarah	6:00-6:30pm Power Plyo Sarah	5:50-6:10pm Power Core Courtney	6:00-6:50pm *Group Cycle Rachel		
	6:15-7:00pm YogaFlow Jason	6:35pm-7:20pm *Intro to Muscle Pump Sarah	6:15-7:00pm R & B YogaFlow Laurie	6:55pm-7:30pm Intro to Yoga Rachel		
	7:00-7:55pm  Laurie	6:00-6:35pm **Kids Karate Laurie	7:00-7:55pm  Laurie			
		6:35-7:30pm *Karate		6:35-7:30pm *Karate		
		7:30-8:00pm Beginner Karate		7:30-8:00pm Beginner Karate		

\*Both classes in the studio \*\*Kids Karate held in the gym

Youth/Family Fitness (Kids Fit Classes held in the Gym):						
		9:00-9:45am Fitter Kritters Courtney		9:00-9:45am Fitter Kritters Courtney		
	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids		