



If there are any class changes for this week it will be displayed in person on the clipboard where you got this schedule!  
 Or check the website for accurate class offerings- please sign up for your classes and swipe your key tag to check yourself into class!

Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
Cycle 6:00a Katy G.  <u>Platinum Members</u> Small Group Strength BACK DAY 7:00a Maddie A.  Bootcamp 8:00a Heather  <u>Platinum Members</u> Small Group Strength BACK DAY 8:15a Maddie A.  Strength Stretch 9:00a Christine  Heated Power Yoga 5:30p Cheryl M.  Bootcamp 5:30p Heather	TRX 7:00a Kara  <u>Platinum Members</u> Small Group Strength LEG DAY 7:00a Lexi W..  Cycle 8:00a Christine  <u>Platinum Members</u> Small Group Strength LEG DAY 8:15a Maddie A.  Yogalates 9:00a Christine  Sculpt 9:00a Debbie  Cycle / Core 5:30p Allison T.  Zumba 5:30p Katie G.	Bootcamp 6:30a Sybil  Cycle 7:30a Gail  Bootcamp 7:45a Heather  Core 8:30a Debbie	<b>Happy Thanksgiving!</b>  Cycle 8a Christine  Reb3l Groove 8:30a Jessica	Black Friday Cycle 8a Elyse  Black Friday Barre 9a Gail  Black Friday Full Body 9:30a Heather	Cycle 8:00a Moe  REB3L Strength/Stretch 9:00a Jessica S.  Yoga 10:15a Sara B.	Cycle 8:00a Sub Katie G.  Bootcamp 9:00a Stacey  Power Yoga 9:00a Jen  Zumba 10:00a Jessica



If there are any class changes for this week it will be displayed in person on the clipboard where you got this schedule!  
 Or check the website for accurate class offerings- please sign up for your classes and swipe your key tag to check yourself into class!

Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
Cycle 6:00a Katy G.  <u>Platinum Members</u> Small Group Strength BACK DAY 7:00a Maddie A.  Bootcamp 8:00a Heather  <u>Platinum Members</u> Small Group Strength BACK DAY 8:15a Maddie A.  Strength Stretch 9:00a Christine  Heated Power Yoga 5:30p Cheryl M.  Bootcamp 5:30p Heather	TRX 7:00a Courtney  <u>Platinum Members</u> Small Group Strength LEG DAY 7:00a Lexi W..  Cycle 8:00a Christine  <u>Platinum Members</u> Small Group Strength LEG DAY 8:15a Maddie A.  Yogalates 9:00a Christine  Sculpt 9:00a Sybil  Cycle/Core 5:30p Allison T.  Zumba 5:30p Katie G.	Bootcamp 6:30a Sybil  Cycle 7:30a Gail P.  Bootcamp 7:45a Heather  Cardio Core 8:30a Sybil  HIIT    BOXING 5:00p Stacey  CORE45 6:00p-6:30p Jill H.	HIIT    CORE 6:45a Courtney  Cycle 8:00a Christine  HIIT    FULL BODY 8:00a Sybil  <u>Platinum Members</u> Small Group Strength CHEST DAY 8:15a Kacey W.  Yogalates 9:00a Christine  Zumba 5:30p Katie  HIIT Full Body 5:45p Jill H.	Bootcamp 6:30a Heather  Cycle 8:00a Mike S.  <u>Platinum Members</u> Small Group Strength FULL BODY 8:15a Kacey W.  Cardio Strength 8:30a Sybil  Reb3l Groove 4:30p Jess S.	Cycle 8:00a Moe  REB3L Strength/Stretch 9:00a Jessica S.  Yoga 10:15a Sara B.	Cycle 8:00a Stacey  Bootcamp 9:00a Stacey  Power Yoga 9:00a Nina  Zumba 10:00a Nina



Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
Cycle 6:00a Katy G.  <u>Platinum Members</u> Small Group Strength BACK DAY 7:00a Maddie A.  Bootcamp 8:00a Heather  <u>Platinum Members</u> Small Group Strength BACK DAY 8:15a Maddie A.  Strength Stretch 9:00a Christine  Heated Power Yoga 5:30p Cheryl M.  Bootcamp 5:30p Heather	TRX 7:00a Courtney  <u>Platinum Members</u> Small Group Strength LEG DAY 7:00a Lexi W..  Cycle 8:00a Christine  <u>Platinum Members</u> Small Group Strength LEG DAY 8:15a Maddie A.  Yogalates 9:00a Christine  Sculpt 9:00a Sybil  Cycle/Core 5:30p Allison T.  Zumba 5:30p Katie G.	Bootcamp 6:30a Sybil  Cycle 7:30a Gail P.  Bootcamp 7:45a Heather  Cardio Core 8:30a Sybil  HIIT    BOXING 5:00p Stacey  CORE45 6:00p-6:30p Jill H.	HIIT    CORE 6:45a Courtney  Cycle 8:00a Christine  HIIT    FULL BODY 8:00a Sybil  <u>Platinum Members</u> Small Group Strength CHEST DAY 8:15a Kacey W.  Yogalates 9:00a Christine  Zumba 5:30p Katie  HIIT Full Body 5:45p Jill H.	Bootcamp 6:30a Heather  Cycle 7:30a Mike S.  <u>Platinum Members</u> Small Group Strength FULL BODY 8:15a Kacey W.  Cardio Strength 8:30a Sybil  Reb3l Groove 4:30p Jess S.	Cycle 8:00a Moe  REB3L Strength/Stretch 9:00a Jessica S.  Yoga 10:15a Sara B.	Cycle 8:00a Stacey  Bootcamp 9:00a Stacey  Power Yoga 9:00a Nina  Zumba 10:00a Nina