

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	GRIT Natasha	Bootcamp Cindy	Cycle Cindy	GRIT Carol	Cycle Carmen
8:00am	Yoga Val	SPRINT Erika	BodyAttack Carol	Yoga Gerry	BodyCombat Erika
9:00am	Cycle Hope	LaBlast Hope	Vinyasa Yoga Mishann	SPRINT	Zumba Natalie
5:00pm	SPRINT Kelly	Vinyasa Yoga Mishann	GRIT Natasha	BodyCombat Amanda	
6:00pm	BodyAttack Erika	Cycle Cindy	SPRINT Natasha	Cycle Cindy	
7:00pm	BodyCombat Amanda	Zumba Yolanda	Zumba Dasha	BollyX Megha	