

	Monday					
	Studio A	Studio B	Studio C	Studio D	Studio E	
6:00 - 6:30						
6:30 - 7:00						
7:00 - 7:30						
7:30 - 8:00					Conditioning for Life (7:30 - 8:15) Dan	
8:00 - 8:30						
8:30 - 9:00						
9:00 - 9:30	Vinyasa Yoga 1 (9:15 - 10:15)  Rachel		Core Essentials Sarah			
9:30 - 10:00			All Around Fitness (9:45-10:45) Mimi	Exercise for New Moms (9:30 - 10:30) Sarah	Bike & Tone 1 (9:30 - 10:45)	
10:00 - 10:30					Gianna	
10:30 - 11:00	Gentle Iyengar Yoga 1 (10:45 - 11:45)				Child Watch	
11:00 - 11:30			Exercise Lite Mimi			
11:30 - 12:00	Toni				Child Care	
12:00 - 12:30		Boot Camp (12:15-1:00) Jen				
12:30 - 1:00			LIVESTRONG Grad Class			
1:00 - 1:30		LIVESTRONG at the YMCA (1:15 - 3:00)				
1:30 - 2:00						
2:00 - 2:30					Atlantis	
2:30 - 3:00						
3:00 - 3:30						
3:30 - 4:00		Ballet 2 Pre-Ballet I (3:30 - 4:15)				
4:00 - 4:30						
4:30 - 5:00	Teen Iyengar Yoga (4:30-5:30) Kirsten	Ballet 1 Pre- Ballet I (4:30 - 5:15)	Theater 1 Fun w/ Theater		Aikido 1 Youth Beginning	
5:00 - 5:30						
5:30 - 6:00	Iyengar Yoga 1 Level 1 (5:45 - 7:15)  Linda	Cardio Karate 1 Morris	Beginning Pilates 1 (5:30-6:25) Lauren	Studio Cycling 1 (5:45 - 6:45) Michelle B.	Judo 1 Beginning	
6:00 - 6:30			Intermediate Pilates Wendy	Karate 1 All Levels	Studio Cycling 2 (7:00-8:00pm) Judy	Judo 3 Int/Adv
6:30 - 7:00						
7:00 - 7:30						
7:30 - 8:00	Iyengar Yoga 21 Level 2 (7:30 - 9:00) Linda	Dance 11 Beledi I & II (7:35 - 8:35)	Karate 3 7:30 - 8:30pm		Jujutsu 1 Beginner	
8:00 - 8:30				Karate 4 7:30 - 9:00pm		
8:30 - 9:00						
9:00 - 9:30						
9:30 - 10:00						

	Tuesday				
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30	TRX 1 (6:15-7:00) Wendy			Studio Cycling Advanced 1 (6:00 - 7:30)	
6:30 - 7:00		Step Survival 1 Vanessa/Ko			
7:00 - 7:30	TRX 6 (7:15-8:00) Wendy			Dave	
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30				Bike & Tone 2 (9:15 - 10:30)	
9:30 - 10:00		Intermediate Pilates Sculpt Wendy	Dance 14 Play Group (9:30 - 10:15)	Judy	
10:00 - 10:30	Iyengar Yoga 2 Level 1 (10:00 - 11:30)				
10:30 - 11:00					Child Care
11:00 - 11:30	Pam	NIA 4 Gentle NIA (11:00 - 11:45)	NIA 4 Gentle NIA (11:00 - 11:45)		
11:30 - 12:00					
12:00 - 12:30	TRX 2 (12:15-1:00) Michelle	Power Lunch 1 (12:15-1:00) Gail			
12:30 - 1:00					
1:00 - 1:30			Zumba Gold (1:15 - 2:00) Karen		
1:30 - 2:00		LIVESTRONG at the YMCA (1:15 - 3:00)			
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00		Dance 1 Creative Dance (4:30-5:15)			Youth Wrestling All Levels
5:00 - 5:30	Beginning Pilates 2 (5:00-6:00) Jennifer		Tai Chi 1 (5:15 - 6:00)	M Power	
5:30 - 6:00		Body Core 1 Jessica			
6:00 - 6:30	Vinyasa Yoga 2 (6:15-7:15)		Tai Chi 2 (6:00 - 6:50)		TKD - Second Steps 6:00-6:45
6:30 - 7:00	Carter	Zumba 1 Jane		Great Arms Michelle B.	
7:00 - 7:30				Studio Cycling 3 (7:00 - 8:00) Michelle B.	TKD - TKD Kids 6:45-7:30
7:30 - 8:00	Iyengar Yoga 3 Level 1 (7:30 - 9:00)				
8:00 - 8:30		Dance 12 Beledi III & IV (7:30-9:15)			
8:30 - 9:00	Kirsten				
9:00 - 9:30					
9:30 - 10:00					

## Wednesday

	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30					
6:30 - 7:00					
7:00 - 7:30					
7:30 - 8:00					Conditioning for Life (7:30 - 8:15) Dan
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00		All Around Fitness (9:45-10:45) Mimi	NIA 2 (9:15 - 10:15)	Group Strength 1 (9:30 - 10:30) Mary Beth	
10:00 - 10:30	Iyengar Yoga 4 Level 1 (10:00 - 11:30)				
10:30 - 11:00					Child Watch
11:00 - 11:30	Stephanie	Zumba 2 (11:00 - 12:00) Jane	Exercise Lite Mimi	Flex & Firm (11:00 - 12:00) Megan	Child Care
11:30 - 12:00					
12:00 - 12:30		Cardio Pilates (12:15-1:15) Wendy	LIVESTRONG Grad Class	Complete Conditioning (12:15 - 1:00) Amy	
12:30 - 1:00					
1:00 - 1:30		LIVESTRONG at the YMCA (1:15 - 3:00)			
1:30 - 2:00					
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30	Gentle Iyengar Yoga 2 (3:15-4:15)				
3:30 - 4:00					
4:00 - 4:30	Toni				TASP
4:30 - 5:00	Iyengar Yoga for Pregnancy (4:30 - 5:30) Toni	Zumbatomic (4:30-5:25) Jane	Dance 2 Beginner Tap 4:30-5:15	Teen Strength & Conditioning (4:30-5:30) Rachael M.	
5:00 - 5:30					
5:30 - 6:00	Iyengar Yoga 5 Level 1 (5:45 - 7:15)	Beginning Pilates 3 (5:30-6:25) Lauren	Dance 16 Bollywood	Studio Cycling 4 (6:00 - 7:15) Maria	
6:00 - 6:30					
6:30 - 7:00	Alexa	Cardio Karate 2 Morris	Karate 1 All Levels		Special Olympics 6:30-7:30 p.m.
7:00 - 7:30					
7:30 - 8:00	Iyengar Yoga 22 Level 2 (7:30 - 9:00)	Pilates on the Ball (7:30-8:30) Michelle R.	Karate 3 7:30 - 8:30pm		Judo 5 Judo Club
8:00 - 8:30					
8:30 - 9:00	Alexa				
9:00 - 9:30					
9:30 - 10:00					

## Thursday

	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30				Studio Cycling, Stretch, Strengthen (5:45-6:45) Ingrid	
6:30 - 7:00		Pilates Power Mat (6:30 - 7:15) Wendy			
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30	Guided Iyengar Practice (8:30 - 10:30)  Liz	Pilates Sculpt (9:15-10:15) Wendy		Bike & Tone 3 (9:15 - 10:30)  Judy	
9:30 - 10:00					
10:00 - 10:30					
10:30 - 11:00	TRX 3 (10:45-11:30) Wendy		Child Watch		
11:00 - 11:30		Zumba 3 (11:00-12:00) Jane			Child Care
11:30 - 12:00					
12:00 - 12:30	Iyengar Yoga 6 Level 1 (12:00 - 1:30)  Pam	Stretch & Tone (12:15-1:15) Wendy	Zumba Toning (12:15-1:00) Jane		
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00		LIVESTRONG at the YMCA (1:15 - 3:00)			
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00		Ballet 4 Beginning I	Dance 3 Hip Hop Jazz	Yoga for Kids (4:30-5:30pm) Adele	Youth Wrestling All Levels
5:00 - 5:30	Vinyasa Yoga for Runners (5:15 - 6:00) Lisa				
5:30 - 6:00		Ballet 8 Ballet Fit/Power Barre (5:45 - 6:45)	Zumba 4 Jane		
6:00 - 6:30	Vinyasa Yoga 4 (6:15 - 7:15)  Carter				TKD - First Kicks 6:00-6:30
6:30 - 7:00			Dance 15 West African Dance (6:45 - 7:45)	Studio Cycling Intro (6:45 - 7:45)	TKD - Adult All Levels 6:30-7:30
7:00 - 7:30			Fencing 4 Studio Fencing		Gianna
7:30 - 8:00	Iyengar Yoga 7 Level 1 (7:30 - 9:00)  Susan				Aikido 5 All Levels
8:00 - 8:30		Fencing 5 All Levels			
8:30 - 9:00					
9:00 - 9:30		Fencing 6 Practice/ Competition			
9:30 - 10:00					

	Friday				
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30				Studio Cycling Advanced 2 (6:00 - 7:30)  Michael	
6:30 - 7:00	TRX 4 (6:30-7:15) Michelle	Step Survival 2 Vanessa/Ko			
7:00 - 7:30					
7:30 - 8:00	TRX 5 (7:30-8:15) Michelle				Conditioning for Life (7:30 - 8:15) Dan
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30		Pilates Props Workout (9:15 - 10:15) Wendy			Vinyasa Yoga 5 (9:15 - 10:15)  Rachel
9:30 - 10:00			Group Strength 2 (9:30 - 10:30) Mary Beth		
10:00 - 10:30	Iyengar Yoga 12 Level 1-2 (10:00 - 11:30) Liz				
10:30 - 11:00		All Around Fitness (10:30 - 11:30) Sara	Zumba 5 (10:30-11:30) Brooke		
11:00 - 11:30	Exercise Lite Mimi				
11:30 - 12:00					Child Care
12:00 - 12:30		Power Lunch 2 (12:15-1:00) Gail			
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30					Atlantis
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00		NIA 1			
5:00 - 5:30					
5:30 - 6:00		Cardio Karate 3 Morris			
6:00 - 6:30					
6:30 - 7:00		Karate 5 Advanced			Jujutsu 2 All Levels
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					

## Saturday

	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30					
6:30 - 7:00					
7:00 - 7:30					
7:30 - 8:00				Studio Cycling 6 (7:30 - 8:30) Ingrid	
8:00 - 8:30					
8:30 - 9:00			Zumba 6 (8:30 - 9:30) Karen		Aikido 2 Beginning (8:45 - 9:30)
9:00 - 9:30		Ballet 3 Pre-Ballet/ Beginning I (9:00 - 9:45)		Studio Cycling 7 (9:00 - 10:00) Ingrid	
9:30 - 10:00	Vinyasa Yoga 6 (9:30 - 10:30) Anya		Karate 2 All Levels Karate Club		Aikido 3 Intermediate
10:00 - 10:30		Ballet 8 Ballet Fit/Power Barre (9:50 - 10:40)			
10:30 - 11:00				Body Core 2 (10:30 - 11:30) Jessica	Judo 2 Beginning
11:00 - 11:30	Iyengar Yoga 13 Level 1-2 (11:00 - 12:30) Linda	Ballet 6 Beginning II (10:45 - 12:15)	Dance 17 Swing (11:15-12:15)		
11:30 - 12:00					Judo 4 Int/Adv
12:00 - 12:30					
12:30 - 1:00		Ballet 7 Ballet Basics (12:30 - 1:30)	Zumba 7 (12:30 - 1:30) Sandy		
1:00 - 1:30					
1:30 - 2:00					Aikido 4 All Levels
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00		Fencing 1 Beginning 9-12			
5:00 - 5:30					
5:30 - 6:00		Fencing 2 Beginning 12 +			
6:00 - 6:30					
6:30 - 7:00		Fencing 3 Intermediate 12+			
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					

	<b>Sunday</b>				
	Studio A	Studio B	Studio C	Studio D	Studio E
6:00 - 6:30					
6:30 - 7:00					
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00	Vinyasa Yoga 7 (9:30 - 10:30)				
10:00 - 10:30	Amy				
10:30 - 11:00					
11:00 - 11:30					
11:30 - 12:00					
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30					Judo 6 Open Mat
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30	Vinyasa Yoga 8 (5:00 - 6:00)				
5:30 - 6:00	Natasha				
6:00 - 6:30				Studio Cycling 8 (5:45-6:45)	
6:30 - 7:00				Sheila	
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					

## Non Studio Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:30					
6:30 - 7:00					
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00			Stroller Circuit (9:45-10:30)		
10:00 - 10:30			Track		
10:30 - 11:00					
11:00 - 11:30		Conditioning for Older Adults		Conditioning for Older Adults	
11:30 - 12:00		Wellness Floor		Wellness Floor	
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30					
5:30 - 6:00	Theater 2				
6:00 - 6:30	Michigan Rm				
6:30 - 7:00			Vinyasa Yoga 3 (6:45-7:45)		
7:00 - 7:30			Atlantis Rm		
7:30 - 8:00					
8:00 - 8:30					
8:30 - 9:00					
9:00 - 9:30					
9:30 - 10:00					