



CLASS SCHEDULE

November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM Strength Spin 45 min	6 AM Race Day Spin 45 min	6 AM Interval Spin 45 min	6 AM Strength Spin 45 min	6 AM Interval Spin 45 min	7:15 AM Strength Spin 45 min	9 AM Energy Zone Spin 90 min
6 AM Basic Training 60 min	6 AM Hot Yoga 60 min	6 AM Basic Training 60 min	6 AM Mat Pilates 60 min	6 AM Basic Training 60 min	8:30 AM Interval Spin 60 min	9:30 AM Vinyasa Flow NEW! 60 min
9 AM Hot Room Yoga 60 min	8:45 AM Strength Spin 45 min		8:45 AM Endurance Spin 45 min		8:30 AM Mat Pilates 50 min	
NOON Interval Spin 45 min		NOON Strength Spin 45 min		NOON Strength Spin 45 min	9:30 AM Total Body Sculpt (TBS) 50 min	NOON Hot Room Yoga 60 min
6 PM Interval Spin 45 min	5:45 PM Vinyasa Flow 60 min	6 PM Strength Spin 45 min	NEW! 6 PM Total Body Sculpt 55 min	6 PM Ashtanga Yoga 75 min	10:30 AM Zumba 50 min	
6 PM Hard Core Peace Core 55 min	6 PM Endurance Spin 60 min	5:55 PM KettleBell 35 min	6 PM Endurance Spin 60 min	NEW! 6 PM Strength Spin 45 min	11:30 AM Intro to Spin 30 min	
6 PM Vinyasa Flow 60 min	6:30 PM Express Mat Pilates 35 min	6:30 PM Vinyasa Flow 60 min	7 PM Hot Room Yoga 60 Min		11:30 AM Gentle Yoga 60 min	
7:10 PM Total Body Sculpt (TBS) 60 min	7 PM Hot Room Yoga 60 min	6:45 PM Express Mat Pilates NEW!	7:10 PM Hard Core Peace Core 55 min NEW!		NOON Endurance Spin 45 min	
		7:30 PM Zumba 60 min			12:45 PM Kettlebell 35 min	

JOIN US EVERY SATURDAY
FOR INTRO TO SPIN @ 11:30

Reservations for all classes are recommended and cancellations must take place at least one hour prior to class to avoid being charged for the class.