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(to avoid disruption to classes offered in this studio, late entries are not allowed) MIND-BODY STUDIO updated March 1, 2023							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				Yoga Daisha			
9:30 AM	Vinasa Yoga Janine		Yoga Flow Rainbow		Yoga Flow Jamuna	NEW Barre Priscilla	
10:30 AM							Yoga John
11:00 AM		Pilates with Props NEW Priscilla	Pilates Priscilla		Pilates Priscilla	NEW Pilates Priscilla	
5:30 PM	Barre Priscilla		Yoga Melane	Beginners Yoga Chinmayi			
6:30 PM	Yoga Flow John						
CYCLING STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM			Cycle Kim T			Cycle Teri	
9:30 AM		Cycle/Sculpt-Part 1 Priscilla			Cycle/Sculpt-Part 1 Priscilla		
5:30 PM		Cycle Kim T	Cycle Teri				
GROUP EXERCISE STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Total Body Conditioning Rhonda			Total Body Conditioning Rhonda		
8:15 AM						Commit Dance Fitness Daria	
8:30 AM		Low Impact tone & Sculpt NEW Kim M.					POP Pilates Briann
9:00 AM	Power Hour Courtney						
9:30 AM			Cardio/Sculpt Priscilla	Strength & Conditioning Daisha		Total Body Conditioning Teri	Dance Cardio Fitness Briann
10:00 AM		Cycle/Sculpt-Part 2 Priscilla			Cycle/Sculpt-Part 2 Priscilla		
10:30 AM				HIIT Antoinette		 ZUMBA Chely	Kickboxing Nikki
12:00 PM					Commit Dance Fitness Daria		
4:00 PM	Survivor Priscilla			Kickboxing Nikki			
4:30 PM			Total Body Combat Alfred				
5:30 PM	Total Body Conditioning Teri	Dance Cardio Fitness Briann	 ZUMBA Chely	Survivor Teri			
6:30 pm	 ZUMBA Rocio	Kickboxing Richard	HIIT Richard	Total Body pump Lula			
PREMIER STUDIO							
6:00 AM	TRX BOOTCAMP Antoinette		TRX BOOTCAMP Antoinette				
10:30 AM	TRX BOOTCAMP Antoinette			RESERVED			
5:30 PM		TRX BOOTCAMP Daisha					
6:30 PM			Boxing Fundamentals Alex				
SWIMMING POOL							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Swim Training Teresa					
8:00 AM		Aqua Fitness Lori		Aqua Fitness Scot			
9:00 AM	Aqua Fitness Lori		Aqua Fitness Lori		Aqua Fitness Scot	Aqua Fitness Deborah	
5:30 PM	Aqua Fitness Donna						
7:15 PM				Swim Training Sami			
		Family Swim 3:00 pm - 7:00 pm	British Swim 4:00 pm - 7:00 pm	British Swim 4:00 pm - 7:00 pm	Family Swim 3:00 pm - 7:00 pm	Family Swim 11:00 am - 3:00 pm	British Swim 9:00 am - 1:00 pm