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(to avoid disruption to classes offered in this studio, late entries are not allowed) MIND-BODY STUDIO updated February 9, 2024							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				Balance & Functional Mobility Rhonda			
9:30 AM	Vinasa Yoga Janine	NEW Yoga Elizabeth	Yoga Flow Bridget	NEW Yoga Elizabeth/Amelia	Yoga Flow Jamuna	Cardio Barre Priscilla	
10:30 AM							Yoga (10:35 am) John
11:00 AM		Pilates with Props Priscilla	Pilates Priscilla		Pilates with Props Priscilla	Pilates Priscilla	
12:00 PM	Adult Ballet Jessica						
5:30 PM	Cardio Barre Priscilla		Yoga Melane	Yoga Basics Chinmayi			
6:30 PM	Yoga Flow John						
CYCLING STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM			Cycle Core Conditioning Kim T			Cycle Teri	
9:00 AM							Cycle Core Conditioning Lori
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 Kim M.					POP Pilates Brieann
9:30 AM	Power Hour Courtney		Cardio/Sculpt Priscilla	Strength & Conditioning Bridget		Total Body Conditioning Teri	Dance Cardio Fitness Brieann
10:00 AM		Cycle/Sculpt-Part 2 Priscilla			Cycle/Sculpt-Part 2 Priscilla		
10:30 AM						ZUMBA Chely	Kickboxing Nikki
12:00 PM					Commit Dance Fitness Daria		
4:00 PM				Kickboxing Nikki			
4:30 PM		NEW Kickboxing Nikki					
5:30 PM	Total Body Conditioning Teri	Dance Cardio Fitness Brieann	ZUMBA Chely	Survivor Teri			
6:30 PM	ZUMBA Rocio	Total Body Challenge NEW Sina	HIIT Richard	Total Body Challenge Sina			
PREMIER STUDIO							
6:00 AM	TRX BOOTCAMP Antoinette		TRX BOOTCAMP Antoinette				
10:35 AM	TRX BOOTCAMP Antoinette			TRX BOOTCAMP Antoinette			
5:30 PM		TRX BOOTCAMP Lori					
6:30 PM							
SWIMMING POOL							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Swim Training Teresa	Aqua Fitness Leigh				
8:00 AM	Aqua Fitness Leigh	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			
		British Swim 10:00 am - 1:30 pm 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