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(to avoid disruption to classes offered in this studio, late entries are not allowed) MIND-BODY STUDIO NEW SCHEDULE STARTS 10/9/26							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Power Vinyasa Michelle H			Barre Sculpt Kim M.			
8:00 AM						Power Vinyasa Bobby	
9:15 AM	Vinyasa Flow Melane	Power Vinyasa Chelsea	Vinyasa Flow Jennifer	Strength and Flow Anne-Marie	Power Vinyasa Bobby		
9:30 AM						Cardio Barre Priscilla	
10:30 AM							Power Vinyasa John (75 min)
11:00 AM		Pilates with Props Priscilla	Mat Pilates Priscilla		Pilates with Props Priscilla	Mat Pilates Priscilla	
11:30 AM	Adult Ballet Jessica (90 min)						
5:30 PM	Pop Pilates Jackie			Yoga Basics Chinmayi			
5:45 PM			Hatha Yoga Melane				
6:30 PM		Vinyasa Flow Anna					
6:45 PM	Power Vinyasa John			Yoga Sculpt Elana			
7:00 PM			Yin Yoga Michelle M.				
CYCLING STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
8:30 AM						Cycle Teri	
9:00 AM							Cycle Core Ends 10/25 Lucy
9:30 AM		Cycle/Sculpt-Part 1 Priscilla			Cycle/Sculpt-Part 1 Priscilla		
5:30 PM		Cycle Kim T	Cycle Teri				
6:00 PM							
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		Low Impact Tone & Sculpt Kim M.				Commit Dance Fitness Daria	
8:30 AM							POP Pilates Briann
9:30 AM	Power Hour Courtney		Cardio/Sculpt Priscilla	Strength & Conditioning Bridget		Total Body Conditioning Teri	Dance Cardio Fitness Briann
10:00 AM		Cycle/Sculpt-Part 2 Priscilla			Cycle/Sculpt-Part 2 Priscilla		
10:30 AM							Cardio Kickboxing Nikki
10:45 AM						Pop Up Class TBD	
11:00 AM	\$5 Functional Foundations Zawdie		\$5 Functional Foundations Zawdie		\$5 Functional Foundations Zawdie		
12:00 PM		Strength and Conditioning Bridget					
4:15 PM		Cardio Kickboxing Nikki		Cardio Kickboxing Nikki			
5:30 PM	Total Body Conditioning Teri	Dance Cardio Fitness Briann	Commit Dance Fitness Daria	Survivor Teri			
6:30 PM	Zumba Angie		HIT Richard				
7:45 PM		\$5 Salsa Series 101 Jim					
PREMIER STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	\$5 StrongHer Jen		TRX BOOTCAMP Antoinette		\$5 StrongHer Jen		
8:30 AM						Straps and Bells Joyce LOW IMPACT TRX	
9:00 AM	\$5 StrongHer Jen	\$5 StrongHer Jen	\$5 StrongHer Jen		\$5 StrongHer Jen		
9:30 AM						\$5 StrongHer Jen	
10:00 AM		\$5 Bells with Bridget Bridget	\$5 Bells with Bridget Bridget				
10:45 AM	TRX BOOTCAMP Antoinette			TRX FIT Antoinette			
12:00 PM	\$5 Bells with Bridget Bridget						
4:00 PM	\$5 Muscle Development Zawdie		\$5 Muscle Development Zawdie		\$5 Muscle Development Zawdie		
4:15 PM				\$5 Strength Evolved Skoob			
5:15 PM		TRX BOOTCAMP Elizabeth A.					
5:30 PM	\$5 StrongHer Jen		\$5 StrongHer Jen	\$5 Strength Evolved Skoob			
Classes with \$\$\$ indicates there is a charge to participate - please check with the front desk for more details							
SWIMMING POOL							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Swim Training Teresa	Aqua Fitness Leloh				
8:00 AM	Aqua Fitness Leloh	Aqua Fitness Lori		Aqua Fitness Scott	Deep Water Aqua Fit Michael		
9:00 AM	Aqua Fitness Lori		Aqua Fitness Lori		Aqua Fitness Scott	Aqua Fitness Maria	
12:00 PM					Swim Training Teresa		
5:45 PM	Aqua Fitness Donna						
7:15 PM				Swim Training Sami			
			British Swim 4:00 pm - 7:30 pm	British Swim 4:00 pm - 7:00 pm			British Swim 9:00 am - 1:30 pm
		Family Swim 3:00 pm - 7:00 pm			Family Swim 3:00 pm - 7:00 pm	Family Swim 11:00 am - 3:00 pm	