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(to avoid disruption to classes offered in this studio, late entries are not allowed) MIND-BODY STUDIO NEW SCHEDULE STARTS 8/7/26							
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	Power Vinyasa Jessica/Melissa	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			NEW Yoga Sculpt Eliana			
7:00 PM			Yin Yoga Michelle M.				
CYCLING STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				Cycle Antoinette			
8:30 AM			Cycle Core Kim T			Cycle Teri	
9:00 AM							Cycle Core 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				Metal Ride Lucy			
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	\$\$ Functional Strength Development Zawdie		\$\$ Functional Strength Development Zawdie		\$\$ Functional Strength Development 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		HIIT Richard				
7:45 PM		\$\$ Salsa Series 101 Jim Starts 9/8		\$\$ Salsa Series 102 Jim Starts 9/10			
PREMIER STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	\$\$ StrongHer Jen		TRX BOOTCAMP Antoinette		\$\$ StrongHer Jen		
8:30 AM						Straps and Bells Joyce POWERED BY TRX	
9:00 AM	\$\$ StrongHer Jen		\$\$ StrongHer Jen		\$\$ StrongHer Jen		
9:30 AM						\$\$ StrongHer Jen	
10:00 AM		\$\$ Bells with Bridget Bridget	\$\$ Bells with Bridget Bridget				
10:45 AM	TRX BOOTCAMP Antoinette			TRX FIT Antoinette			
12:00 PM	\$\$ Bells with Bridget Bridget						
3:00 PM	\$\$ Muscle Development Zawdie		\$\$ Muscle Development Zawdie		\$\$ Muscle Development Zawdie		
5:15 PM		TRX BOOTCAMP Elizabeth A.					
5:30 PM	\$\$ StrongHer Starts 8/24 Jen		\$\$ StrongHer Starts 8/26 Jen				
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 Leigh				
8:00 AM	Aqua Fitness Leigh	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 Deborah	
12:00 PM					Swim Training Teresa		
5:45 PM	Aqua Fitness Donna						
7:15 PM				Swim Training Sami			
		British Swim 10:00 am - 12:00 pm Family Swim 3:00 pm - 7:00 pm	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 11:00 am - 3:00 pm	