



Fitness Weekly Calendar

C-Cycle Room
 A-Aerobics Studio
 Q-Queenax

| | MORNING | EVENING |
|---|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| M | C-5:15 Early Bird Cycling-Mike A-8:30 Morning Yoga-Chris A-10:00 Hula Hoop | C-5:30 T3 Cycle-Deanna A-6:15 Cardio Kickbox-Joe A-7:00 Core Conditioning-Joe |
| T | Q-5:15 Queenax Circuit-Mike A-8:30 Tabata-Corey A-9:15 Stretch-Corey | C-5:30 Beat Ride-Deanna A-5:30 Karate A-7:00 Yoga-Karla |
| W | C-5:15 Early Bird Cycling-Mike A-8:00 Dirty Dozen-Corey A-8:30 Vinyasa Yoga-Jen A-10:00 Tai Chi-Ruth | A-6:15 Cardio Kickboxing-Joe C-5:30 Cycle-Shaun A-7:00 Core Conditioning-Joe |
| T | Q-5:15 Queenax Circuit-Mike A-8:30 Tabata-Corey A-9:15 Stretch-Corey A-10:00 Hula Hoop | C-5:30 Beat Ride-Deanna A-5:30 Karate A-7:00 Yoga-Karla |
| F | C-5:15 am Early Bird Cyling-Mike A-8:30 am Morning Yoga-Chris A-10:00 am Tai Chi-Ruth | A-6:00 pm Hatha Yoga-Joe |
| S | C-7:30 am Saturday Cycle-Lindsay A-8:30 am T2 Step-Deanna | |
| S | | |