



# Fitness Weekly Calendar

C-Cycle Room  
A-Aerobics Studio  
Q-Queenax

	M	T	W	T	F	S	S
MORNING	C-5:15 Early Bird Cycling-Mike  A-8:30 Morning Yoga-Chris	Q-5:15 Queenax Circuit-Mike  A-8:30 Tabata-Kristen  A-9:15 Stretch-Corey	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	Q-5:15 Queenax Circuit-Mike  A-8:30 Tabata-Corey  A-9:15 Stretch-Corey	C-5:15 Early Bird Cycling-Mike  A-8:30 Morning Yoga-Chris  Q-10:00 Queenax Boost-Corey  A-10:00 Tai Chi-Ruth	C-7:30 Saturday Cycle-Lindsay	
EVENING	C-5:30 T3 Cycle-Emily  A-6:15 Cardio Kickbox-Joe  A-7:00 Core Conditioning-Joe	A-4:30 Tabata-Samantha  C-5:30 Cycle-Shaun  A-7:00 Yoga-Karla	C-5:30 Evening Cycle-Shaun  A-6:15 Cardio Kickboxing-Joe  A-7:00 Core Conditioning-Joe	A-4:30 Tabata-Corey  C-5:30 Cycle-Lindsay  A-7:00 Yoga-Karla	A-5:15 T2 Powerstep-DeAnna  A-6:00 Hatha Yoga-Joe		