



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 A-10:15 Senior Fit	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 A-10:15 Senior Fit	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		