



# 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	
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