



May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Sunrise Yoga <i>Rebecca</i>		6:00am Studio Cycling <i>Phil</i>	6:00am Sunrise Yoga <i>Rebecca</i>			
8:15am Yoga <i>Angela</i>						
	8:00am Hard Core <i>Amy</i>			8:00am Core & More <i>Amy</i>	8:00am Sculpt <i>Rachel</i>	8:00am Studio Cycling <i>Phil</i>
8:30am 12 person Tower hour <i>Amy</i>	8:30am Studio Cycling <i>Moira</i>	8:30am Tower & Tread <i>Amy</i>	8:30am Studio Cycling <i>Moira</i>		8:00am Studio Cycling <i>Moira</i>	
8:30am Studio Cycling <i>Wendy</i>	8:30am Tower Hour <i>Laurie</i>	8:30am Yoga <i>Angela</i>	8:30am Tower Hour <i>Wendy</i>			
	8:30am Mat Pilates <i>Angela</i>		8:30am Mat Pilates <i>Angela</i>	9:00am Intermediate Yoga <i>Danielle</i>	9:05am Yoga <i>Angela</i>	8:30am Pilates <i>Angela</i>
9:30am Launch <i>Amy</i>		9:30am Tower Hour <i>Jayda</i>				
9:30am Tower Hour <i>Wendy</i>	9:30am Total body Training <i>Lisa</i>	9:30am Drill <i>Amy</i>	9:30am Bench & Ball <i>Amy</i>	9:15am Studio Cycling <i>Cynthia</i>		
		9:30am Studio Cycling <i>Loren</i>		10:00am Circuit Training <i>Jayda</i>		9:30am Intermediate Yoga <i>Danielle</i>
		10:30am Yoga on the Ball <i>Renee</i>				
12:00pm Studio Cycling <i>Amy</i>		12:00pm Tower & Spin <i>Amy</i>		12:00pm Studio Cycling <i>Moira</i>		
			4:00pm Total Body Training <i>Lisa</i>			
5:00pm Tower Hour <i>Amy</i>			5:00pm Power Tower <i>Amy</i>		Cardio Class	
5:00pm Yoga <i>Danielle</i>			5:00pm Yoga <i>Danielle</i>		Strength Class	
					Mind/body Class	
	5:30pm Yoga <i>Danielle</i>	5:30pm Pump <i>Loren</i>			New Classes	
6:00pm Studio Cycling <i>Moira</i>						