

MAIN STUDIO - TECH CENTER



NOV

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM			BODYPUMP 5:30am - Laura	COMBAT/CXWORX 5:30am - Beth			
						APEX 8:15am- Shannon	
	BODYPUMP 9:15am - Guiselle	ZUMBA 9:15am - Pat	BANG 9:15am - Leslie		BODYPUMP 9:15am - Jamie	BODYPUMP 9:15am - Ashley	BODYPUMP 9:30am - Lauren
	ZUMBA TONING 10:30am - Margaret		APEX 10:30am - Jamie A.	BODYPUMP 10:30am - Jude			
			STEP 11:45am -Shannon	ZUMBA 11:45am -Leslie			
PM	Please note some classes have relocated to the Mind and Body Studio to improve the member experience*						
		CXWORX 4:45pm - Laura	BODYPUMP 4:30pm - Erin	HARDCORE 4:30pm *starts 11/15 Julia			
	BODYPUMP 5:15pm - Ashley	BODYCOMBAT 5:15pm - Traci		BODYPUMP 5:15pm - Kelly		NEW CLASS ALERT Mon 6:30pm APEX with Liz Tues 5:30am SPRINT with Dana Thurs 4:30pm HARD CORE with Julia Fri 5:00am APEX with Stephen	
	APEX 6:30pm - Liz	BODYPUMP 6:15pm - Christie	CXWORX 6:15pm - Beth	ZUMBA TONING 6:15pm - Margaret			
			ZUMBA 7:00pm - TJ	STRONG BY ZUMBA 7:15pm - TJ			

FOR YOUR BODY TO KEEP CHANGING... YOUR WORKOUT HAS TO KEEP CHANGING.

CYCLE STUDIO		Onelife FITNESS		NOV			
	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	COACH BY COLOR 5:30am Dana	SPRINT 5:30am (30 min) Dana	COACH BY COLOR 6:00am Christine		COACH BY COLOR 6:00am LeRon		
		SPRINT 9:30am (30 min) Dana		SPRINT 9:30am (30 min) Dana		COACH BY COLOR 8:30am Gloria/Pat	COACH BY COLOR 9:15am Shannon
		COACH BY COLOR 10:30am Shannon					
PM				COACH BY COLOR 12:00pm Christine			
				COACH BY COLOR 5:30pm Gloria	TRY LES MILLS SPRINT, 30 MIN. HIIT TRAINING ON A BIKE		
	SPRINT 6:00pm (30 min) Guiselle		COACH BY COLOR 6:00pm Liz				

MIND & BODY		Onelife FITNESS		NOV			
	MON	TUES	WED	THUR	FRI	SAT	SUN
AM					APEX 5:00am Stephen		
						GENTLE YOGA 8:15am Masami	
PM		BARRE 9:15am Jamie	BODYFLOW 9:15am Jamie	PILATES MAT 9:15am Shelby	YOGALATES 9:15am Shelby	YOGA FOR ATHLETIC PERFORMANCE 9:30am Bettina	
	POWER YOGA 10:30am Jill	YOGA, BREATH & MEDITATION Jamie	BARREONE 10:30am Leslie	YOGA, BREATH & MEDITATION 10:30am Shelby	VINYASA FLOW 10:30am Jamie	BODYCOMBAT 10:30am Kelly	ABSOLUTION 10:30am Shannon
	PIYO 11:45am Shannon						
		BODYFLOW 5:15pm Karen	LES MILLS BARRE (45 min) 5:15pm Beth	YOGA FOR ATHLETIC PERFORMANCE 5:15pm Jill			
	YOGA, BREATH & MEDITATION (75 min) 6:30pm Samantha		VINYASA FLOW 6:15pm Masami				
		ZUMBA 7:15pm Pom Pom					