


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Studio B **Mac Gym</p>	<p>Alissa (A) Kori (KP) Brenda (B) Kathy (K) Billie (BG) Megan (MG) Carol (CA) Pattie (P) Cill (C) Sharon (S) Jo Marie (J) Sharon H (SH) Jennifer (JK) ShannonS (SS) Katie (KA) Teri (T) Sandy (SC)</p>		<p>1 5:40am Cardio P (K) 6:30am Inter Pilates (BG)* 8:30am Cardio Sculpt (S) 10:00am SS Yoga (BG) 12:10pm Inter Pilates (B) * 12:10pm Yoga (P) 5:30pm Zumba (SC) 5:30pm Beg Pilates (C)* 7:00pm Cycling (JK)*</p>	<p>2 5:40am Cycling (B)* 6:45am Forever Fit cycle (A)* 9:00am SS MSROM (JK) 10:00am SS MSROM (BG)* 12:10pm Cycling (T)*</p>	
<p>5 5:40am Zumba (SC) 6:45am For Fit (BG) 8:30am Hi/Low/ (S) 10:00am SS CardioCircuit (S) 12:10pm Cycling (T)* 4:15pm Beg Pilates (KA) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>6 5:40am Cycling (A)* 6:30amam Inm/Adv Pilate (CA)* 8:30am Fit Pump (S) 10:00am SS MSROM (T)* 12:10pm Zumba (SC) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (B) 7:00pm Cycling (MG)*</p>	<p>7 5:40am Step/Weight (B) 6:45am Forever Fit (A) 9:15am No Kids Fit (I)** 12:10pm Cycling (T) * 5:30pm Cycling (BG)* 7:00pm Cycling (MG)*</p>	<p>8 5:40am Cardio P (K) 6:30am Inter Pilates (SH)* 8:30am Cardio Sculpt (S) 10:00am SS Yoga (W) 12:10pm Inter Pilates (B) * 12:10pm Yoga (P) 5:30pm Cardio Pump (KA) 5:30pm Beg Pilates (C)* 7:00pm Cycling (K)*</p>	<p>9 5:40am Cycling (B)* 6:45am FF Cycle Combo (BG)* 9:00am SSMSROM (JK) 10:00am SS MSROM (J)* 12:10pm Cycling (SH)*</p>	<p>10 8:30am Fit Ball (BG) 9:30am Beg Pilates (BG)</p>
<p>12 5:40am HEAT (T) 6:45am Forever Fit (BG) 8:30am Hi/Low (S) 10:00am SS Cardio Circ (S) 12:10pm Cycling (T)* 4:15pm Beg Pilates (KA) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>13 5:40am Cycling (K)* 6:30amam Inter/AdvPilate (CA) 8:30am Fit Pump (S) 10:00am SS MSROM (J)* 12:10pm Fit Ball (BG) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (BG) 7:00pm Cycling (MG)*</p>	<p>14 5:40am Zumba (SC) 6:45am Forever Fit (BG) 9:15am Kids Fit (S)** 12:10pm Cycling (T) * 5:30pm Cycling (BG)* 7:00pm Cycling (MG)*</p>	<p>15 5:40am Cardio P (K) 6:30amam Inter Pilates (CA) 8:30am Cardio Sculpt (S) 10:00am SS Yoga (BG) 12:10pm Yoga (P) 12:10pm Inter Pilates (SH) * 5:30pm Zumba (SC) 5:30pm Beg Pilate (C)* 7:00pm Cycling (KA)*</p>	<p>16 5:40am Cycling (K)* 6:45am Forever Fit cycle (JK)* 9:00am SSMSROM (JK) 10:00am SS MSROM (W)* 12:10pm Cycling (SH)*</p>	<p>17 8:30am Zumba (SC)* 9:30am Beg Pilates (KA)</p>
<p>19 5:40am Combo (B) 6:45am Forever Fit (BG) 8:30am Hi/Low (S) 10:00am SS CardioCircuit (S) 12:10pm Cycling (BG)* 4:15pm Beg Pilates (KA) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>20 5:40am Cycling (A)* 6:30amam Inter/AdvPilate (CA) 8:30am Fit Pump (S) 10:00am SS MSROM (J)* 12:10pm Zumba (SC) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (B) 7:00pm Cycling (MG)*</p>	<p>21 5:40 Step/Weights (B) 6:45am Forever Fit (A) 9:15am Kids Fit (S)** 12:10pm Cycling (T) * 5:30pm Cycling (BG)* 7:00pm Cycling (MG)*</p>	<p>22 5:40am Cardio P (K) 6:30amam Inter Pilates (CA)* 8:30am Cardio Sculpt (S) 10:00am SS Yoga (BG) 12:10pm Yoga (P) 12:10pm Inter Pilates (B) * 5:30pm Zumba (SC) 5:30pm Beg Pilate (C)* 7:00pm Cycling (K)*</p>	<p>23 5:40am Cycling (B)* 6:45am FF cycle Combo (A)* 9:00am SS MSROM (T) 10:00am SS MSROM (BG)* 12:10pm Cycling (T)*</p>	<p>24 8:30am Cycle (BG) 9:30am Pilates (BG)</p>
<p>26 5:40am Combo (B) 6:45am Forever Fit (BG) 8:30am Hi/Low (S) 10:00am SS CardioCircuit (S) 12:10pm Cycling (T)* 4:15pm Beg Pilates (KA) 5:30pm Boot Camp (JK) 8:30pm Cycling (MG)*</p>	<p>27 5:40am Cycling (K)* 6:30amam Inter/AdvPilate (CA) 8:30am Fit Pump (S) 10:00am SS MSROM (J)* 12:10pm Cardio Pump/Bosu (SS) 12:10pm Yoga (P)* 5:30pm Cycling (SH)* 5:30pm Beg Pilates (BG) 7:00pm Cycling (MG)*</p>	<p>28 5:40am HEAT (T) 6:45am Forever Fit (A) 9:15am Kids Fit (S)** 12:10pm Cycling (B) * 5:30pm Cycling (BG)* 7:00pm Cycling (MG)*</p>	<p>29 5:40am Cardio P (K) 6:30amam Inter Pilates (BG)* 8:30am Cardio Sculpt (S) 10:00am SS Yoga (BG) 12:10pm Yoga (P) 12:10pm Inter Pilates (B) * 5:30pm Zumba (SC) 5:30pm Beg Pilate (C)* 7:00pm Cycling (MG)*</p>	<p>30 5:40am Cycling (B)* 6:45am FF cycle Combo (A)* 9:00am SS MSROM (JK) 10:00am SS MSROM (BG)* 12:10pm Cycling (T)*</p>	<p>31 8:30am Cycle (JK) 9:30am Pilates (KA)</p>