

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Studio A						6:00am <i>Advanced Cycle</i>	
5:30am Studio B		<i>Advanced Cycle</i>		<i>Advanced Cycle</i>	Spin Fusion	7:00am 	
6:30 am Studio B		Carl's Cycle		Carl's Cycle			
8:30 am Studio A		8:00am Low Impact		8:00am 	*Express class 	8:00 am Class Rotation See highlighted Schedule	
8:30 am Studio B		Butts&Gutts	POWER YOGA			7:45am 	
9 am times Studio A	9:30am 	9:15am 	9:30am 	9:15am 	*Express class 9:15am 	9:00am Class Rotation See highlighted Schedule	11:00am
9:15 am Studio B				Loft 	11:00am 	Loft 9:00am 	12:15pm
4:30 pm Studio A					5:15pm 		4pm
5:30 pm Studio A					<p style="text-align: center;">Saturday Rotations:</p> <p>Saturday, Sept 4th 8am: Body Pump 9am: Body Step</p> <p>Saturday, Sept 11th 8am: Body Attack 9am: Body Jam</p> <p>Saturday, Sept 18th 8am: Body Pump 9am: Body Attack</p> <p>Saturday, Sept 25th 8am: Body Step 9am: Body Jam</p>		
5:30 pm Studio B	Butts & Gutts	POWER YOGA 	 	POWER YOGA			
6:30 pm Studio A							
6:30pm Studio B	Loft 			6:40pm 			

*Friday 45 minute express classes: Combat starts at 8:30am followed by Pump at 9:15am

