

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 am 	
6:30 am Studio B		Carl's Cycle		Carl's Cycle		7:45 am 	
8 am Studio A		Low Impact					
8:00 am Studio B	8:15am 	Butts&Gutts	Loft 8:30am POWER YOGA		8:15am 		
9 am Studio A							11:00am
9:00 am Studio B				Loft 		Loft 	12:15pm Studio A
4:30 pm Studio A							
5:30 pm Studio A							
5:30 pm Studio B	Butts & Gutts	POWER YOGA 	 	POWER YOGA 			
6:30 pm Studio A							
6:30pm Studio B	Loft 						

*** Give us your e-mail for schedule updates.

