

Winter January 2 - February 17

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	248	249	248	249	248	249	248	249	248	249	248	249	248	249		
5:30	Strength Training Together 5:40-6:40 Theo		Body Attack 5:45-6:30 Karmon		Strength Training Together 5:40-6:40 Dan		Body Attack 5:45-6:30 Karmon		Cycle Plus 5:45-6:30 Theo							
6:00																
6:30																
7:00	Heart watch		Pre-Stretch 7:40-8	TRX 7-7:50 Maryfaith	Heart watch			TRX 7-7:50 Maryfaith	Heart watch							
7:30																
8:00	Cycle 8-9 Willie		Functional Body 8-9 Karmon		Cycle 8-9 Willie		Body Sculpt 8-9 Becky		Cycle 8-9 Norm						Cycle Plus 7:30-8:30 Theo	
8:30																
9:00																
9:30	Strength Training Together 9:15-10:15 Cyndi		Zumba 9:30-10:30 Shizuka		Strength Training Together 9:15-10:15 Amanda		Zumba 9:30-10:30 Amanda		Strength Training Together 9:15-10:15 Cyndi						Zumba 8:45-9:45	Kids Karate 9-10am
10:00															Traditional Okinawan karate 10:30- Noon	
10:30											Senior Strength Stretch & Balance 10:45-11:45 Sandy		Zumba Gold 10:40-11:40 Becky			Senior Strength Stretch & Balance 10:45-11:30 Sandy
11:00																
11:30																
12:00	Core Express 12-12:30 Theo		Cycle 12-12:45 Dan		Butts and Guts 12-12:30 Karmon		Cycle 12-12:45 Dan									
12:30																
1:00																
1:30																
2:00																
2:30																
3:00																
3:30																
4:00																
4:30																
5:00	HIIT Bootcamp		HIIT Cycle 4:45-5:30	Dry Land 4:40-5:40	HIIT Bootcamp	Kids Karate 4:00-5:15P	HIIT Cycle 4:45-5:30	Dry Land 4:40-5:40								
5:30																
6:00	Strength Training Together 5:45-6:45 Dan		Fit 5:45-6:45PM Karen		Strength Training Together 5:45-6:45 Cyndi		Fit 5:45-6:45PM Karen		Happy Hour Barre-O 5:15-6:00PM							
6:30																
7:00											Tae Kwon Do 7:00-8:30PM Doug	Traditional Okinawan Karate 7:00-8:30 David	Tae Kwon Do 7:00-8:30 Doug	Traditional Okinawan Karate 7:00-8:30 David		
7:30																
8:00																
8:30																