

Sunday

Class		Instructor	Time
Aerobics	Rise and Shine (Vinyasa)	Tiffany	10:00 AM -11:00 AM
	Boxfit	Josh	10:00 AM - 11:00 AM
	Zumba	Aida	11:00 AM -12:00 PM

Monday

Class		Instructor	Time
Aerobics	Boxfit	Danny	5:30 PM - 6:30 PM
	Spin	Nathalie	6:30 PM - 7:30 PM
	Functional Flexibility	Mark	7:30 PM - 8:15 PM
FAST	Lift Pull	Angelina	6:30 AM - 7:30 AM
	Lift Pull	Angelina	9:30 AM - 10:30 AM
	Evolve-Full Body	Tony	6:30 PM - 7:30 PM

Tuesday

Class		Instructor	Time
Aerobics	Flow Down	Jo	5:30 PM - 6:30 PM
FAST	AMRAP- Full Body	Jo	6:30 PM - 7:30 AM
	AMRAP- Full Body	Angelina	6:30 PM - 7:30 PM

Wednesday

Class		Instructor	Time
Aerobics	Spin	Jo	5:15 PM - 6:15 PM
	Zumba	Aida	8:00 PM - 9:00 PM
FAST	Lift-Full Body	Mike	9:30 AM - 10:30 AM
	Lift-Full Body	Jo	6:30 PM - 7:30 PM

Thursday

Class		Instructor	Time
Aerobics	Elite Muscle Conditioning	Linval	5:30-6:30 PM
	Pilates	Tara	6:30-7:30 PM
	Spin	Nathalie	6:45-7:45 PM
	Functional Flexibility	Mark	7:30-8:15 PM
FAST	Endure	Jo	6:30-7:30 AM
	Endure	Angelina	6:30-7:30 PM

Friday

Class		Instructor	Time
Aerobics	Boxfit	Danny	5:30 PM - 6:30 PM
FAST	Lift Push	Angelina	6:30 AM - 7:30 AM
	Lift Push	Mike	9:30 AM - 10:30 AM

Saturday

Class		Instructor	Time
Aerobics	Elite Muscle Conditioning	Linval	9:00 AM - 10:00 AM
FAST	Evolve-Full Body	Tony	9:30 AM - 10:30 AM
	Youth Fast		11:00 AM - 12:00 PM