

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 <u>T3 SUPERSETS</u> <u>Andrea L</u>	6:15 BIKE Laura-45min	6:15 LOADED Andrea B-45min	6:15 BIKE/ABS Andrea B-45min	6:15 <u>MASHUP</u> <u>Andrea B-45min</u>		
8:00 DRILLS Andrea B-45 min	8:00 BIKE/WEIGHTS Kelly	8:00 PILATES Kelly	8:00 <u>MASHUP</u> <u>Andrea B</u>	8:00 BIKE Kelly-30min	8:00 BIKE Andrea B-45min	9:00 BIKE Andrea B 45 min
9:15 BIKE Kelly-45min	9:15 BIKE Nikki-30min	9:15 BIKE Alannah-45Min	9:15 FUNCTIONAL STRENGTH Kelly	9:15 BIKE Melanie-45min	8:00 <u>T3 SUPERSETS</u> <u>Andrea L</u>	9:00 FUNCTIONAL STRENGTH Tracey
9:15 <u>FIGHTCLUB</u> <u>Andrea B</u>		9:15 <u>MASHUP</u> <u>Kelly</u>			9:00 BIKE Kelly-45min	
9:30 YOGA Alanna-75min	9:30 VINYASA FLOW YOGA Daye-75min	9:30 HIP OPENER YOGA Kim-75min	9:30 YIN-YANG YOGA Sean-75min	9:15 <u>XROW</u> <u>Andrea L</u>	9:30 POWER FLOW YOGA Candice 75 min	10:00 BIKE-30min Alannah/Tracey
10:00 SUPER SETS Andrea L	9:45 FULL BODY CONDITIONING Sami-45min		10:30 <u>MAXOUT</u> <u>Andrea B</u>	9:30 HIP OPENER YOGA Betty (75min)		10:00 <u>BARRE</u> <u>Carolyn</u>
10:45 SILVER RIDERS MOTOWN Michelle-20min	10:30 ZUMBA Carolyn	10:45 SILVER RIDERS RESISTANCE RIDE Michelle-40min	10:45 SILVER RIDERS CHART TOPPERS Laura/Michelle	10:15 STRETCH & STRENGTH Carolyn-30min	10:00 ZUMBA Carolyn	10:30 HATHA YOGA MIXED LEVEL 75 min
11:15 GENTLE YOGA Daye -60min	11:00 SILVER RIDERS CLASSIC Michelle-20min	11:30 BEGINNER PILATES Kelly	11:20 BEGINNER PUMP/ABS Carolyn-45min	10:45 SILVER RIDERS Andrea B 20min	11:00 PILATES Kelly	11:00 ZUMBA Carolyn
11:15 BEG. TABATA Carolyn-45min	11:30 CORE TABATA Andrea B-45min	11:30 GENTLE YOGA Kim -75min		11:15 GENTLE YOGA Betty-75min		
12:30 THERAPEUTIC YOGA Betty-60min	11:30 GENTLE YOGA Kim 60min		12:00 STRETCH & FLEX YOGA Betty-60min			
4:45 BIKE Kelly-30min	4:45 TABATA Andrea B-45min	4:45 EXPRESS YOGA Amanda - 60min	4:45 YOGA UNSCRIPTED Sean-75min	4:45 <u>FIGHTCLUB</u> <u>Andrea B</u>		
4:45 <u>BOOTCAMP</u> <u>Nikki</u>	4:45 VINYASA FLOW YOGA Shannon-75min	4:45 BIKE /ABS Andrea L-45min	4:45 BIKE Nikki-30min			
			4:45 <u>HEAVEN N HELL</u> <u>Kelly/Alanna S</u>			
5:30 <u>MASHUP</u> <u>Kelly</u>	5:30 <u>BARRE STRENGTH</u> <u>Sami</u>	5:30 BIKE/WEIGHTS Kelly	5:45 <u>BATTLE ROPE</u> <u>BOOTCAMP</u> <u>Alannah</u>			
6:30 QUICK N DIRTY Sami-30mins	6:15 VINYASA FLOW YOGA Daye-75min	6:30 FULL BODY CONDITIONING Sami	6:15 VINYASA FLOW YOGA Shannon-75min			
6:30 BIKE Andrea L -45mins	6:30 BEGINNER BIKE Tara-30min	7:30 MEDITATION YOGA Kim-75min	6:45 BEGINNER PUMP Jenny 45 min			
7:30 ZUMBA Adrienne	6:30 FUNCTIONAL STRENGTH Andrea L					
7:30 HATHA YOGA Kim-75min	7:30 BALLS & BANDS Kim	7:30 RETRO-STEP Carolyn	7:30 ZUMBA Carolyn			