

Monday	Tuesday	Wednesday	Thursday	Friday
Strength & Cardio 6:30-7:15 <i>Alyssa</i>	Cross-Training 6:30-7:15 <i>Alyssa</i>	Spin Class 6:30-7:00 <i>Alyssa</i>	Total Strength 6:30-7:15 <i>Alyssa</i>	Provided Lift (Whiteboard) 6:30-7:15 <i>Alyssa</i>
Strength & Cardio 11:30-12:15 <i>Alyssa</i>	Total Body Pump 11:30-12:15 <i>Breanna</i>	Cross-Training 11:30-12:05 <i>Breanna</i>	Step it Up! 11:30-12:00 <i>Breanna</i>	Vinyasa Yoga 11:30-12:15 <i>Paula</i>
Vinyasa Yoga 12:30-1:15 <i>Sarah</i>	Vinyasa Yoga 12:30-1:15 <i>Sarah</i>	Yoga in the Sky 12:30-1:15 <i>Paula</i>	Yoga Fusion 12:30-1:15 <i>Sarah</i>	

Cardio & Core Blast
4:30-5:00
Breanna

