

Thanksgiving Week



Main Studio

Time	Mon. 22	Tue. 23	Wed. 24	Thur. 25	Fri. 26	
5:15-6:00a		POWER HOUR Jordan	POWER HOUR Jordan	Open at 7		
6:15-6:45a	HIIT Andrew	HIIT Andrew	HIIT Andrew			
8:00-8:45a	Vinyasa Yoga Kathryn	Muscle Pump Shauna		HIIT - PLEASE RSVP		
9:00-9:45a		TOTAL BODY Sierra	TOTAL BODY Sierra		TOTAL BODY Sierra	
10:00-10:45a	GENTLE YOGA Blaise	BAR BLEND Sarah				
6:00-6:45p				Close at 11		
6:30-7:45p			Line Dancing Mireya	Close at 5		
7:00-7:45p		GENTLE YOGA Ashley	Close at 8 pm			

Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00a			PILATES Shauna			
9:00a	ZUMBA Karyn					

Spin Room

8-8:30a	Beginner Spin Shauna					
9-9:30a		Beginner Spin Shauna				
6:00p		Spin Shauna				

Aquatics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00a						Join The Fun in the Warm Water Exercise Pool
9:00a	Aquarobics Faunell	Aquarobics Faunell	Aquarobics Faunell		Aquarobics Faunell	
5:00p	Aquarobics Lea	Aquarobics Lea				
6:00p	Aquarobics Lea	Aquarobics Lea				