

# FALL 2016 SCHEDULE

*This schedule will run from September 6<sup>th</sup> through December 9<sup>th</sup>*

|                 | <b>Monday</b>                                       | <b>Tuesday</b>                                      | <b>Wednesday</b>                                    | <b>Thursday</b>                                     | <b>Friday</b>                                 |
|-----------------|---|---|---|---|---|
| <b>6:30 AM</b>  | <b>6:30-7:15am<br/>Cycle<br/>Stephanie</b>          | <b>6:30-7:15 am<br/>Boot camp<br/>Cory</b>          | <b>6:30-7:15am<br/>Cycle<br/>Stephanie</b>          | <b>6:30-7:15 am<br/>Boot camp<br/>Cory</b>          | <b>6:30-7:15am<br/>Cycle<br/>Stephanie</b>    |
|                 |   | <b>6:30-7:15 am<br/>Cycle<br/>Jenna</b>             |   | <b>6:30-7:15 am<br/>Cycle<br/>Jenna</b>             |   |
| <b>7:00 AM</b>  | <b>7:15-7:30 am<br/>Hard Core<br/>Ashley</b>        | <b>7:15-7:30 am<br/>Hard Core<br/>Ashley</b>        | <b>7:15-7:30 am<br/>Hard Core<br/>Ashley</b>        | <b>7:15-7:30 am<br/>Hard Core<br/>Ashley</b>        | <b>7:15-7:30 am<br/>Hard Core<br/>Ashley</b>  |
|                 |   |   |   |   |   |
| <b>12:00 PM</b> | <b>12:00-12:45 pm<br/>Yoga<br/>Mark</b>             | <b>12:00-12:45 pm<br/>ZUMBA<br/>Jen</b>             | <b>12:00-12:45 pm<br/>Yoga<br/>Mark</b>             | <b>12:00-12:45 pm<br/>ZUMBA<br/>Jen</b>             | <b>1:00-2:00 pm<br/>Boot Camp<br/>Gillian</b> |
| <b>1:00 PM</b>  | <b>1:00-2:00 pm<br/>Boot Camp<br/>Gillian</b>       |   | <b>1:00-2:00 pm<br/>Boot Camp<br/>Gillian</b>       |   |   |
|                 |   |   |   |   |   |
| <b>5:30 PM</b>  | <b>5:30-6:15 pm<br/>Boot Camp<br/>Nate</b>          | <b>5:30-6:15 pm<br/>Cycle<br/>Katie</b>             | <b>5:30-6:15 pm<br/>Boot Camp<br/>Nate</b>          | <b>5:30-6:15 pm<br/>Cycle<br/>Katie</b>             |   |
| <b>6:00 PM</b>  | <b>6:15-6:30 pm<br/>Core &amp; Cool<br/>Gillian</b> | <b>6:15-6:30 pm<br/>Core &amp; Cool<br/>Gillian</b> | <b>6:15-6:30 pm<br/>Core &amp; Cool<br/>Gillian</b> | <b>6:15-6:30 pm<br/>Core &amp; Cool<br/>Gillian</b> |   |

