



**SCHEDULE EFFECTIVE TUESDAY, SEPTEMBER 8, 2020**

MAIN STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
9:30 AM	CARDIO CORE BARRE Judi	PILATES Amber	GRAVITY TRAINING DEMO 10:00 AM SEE RECEPTION TO BOOK			CARDIO CORE BARRE Judi	
12:00 PM	POWER FLEX Christopher	ZUMBA Heather		PILATES - MAT Aimee		POWER FLEX Christopher 11:30 AM	ZUMBA Livia 10:30 AM
5:30 PM	POWER FLEX Christopher	BOOTCAMP Corinna	YOGA Judi		CORE & MORE Christopher	<b>KINDLY ADHERE TO THE BELOW:</b> MASKS REQUIRED TO ENTER & SET UP. All sessions are first come first served. NO SAVING A SPOT. NO ENTRY PAST 5 MIN AFTER START. YOGA: YOUR OWN MAT IS REQUIRED. ALL EQUIPMENT MUST BE SPRAYED/WIPED DOWN AND PUT AWAY ALL IN THE SAME SPACE AFTER EACH USE.	
7:00 PM	YOGA Jonny B		POWER PILATES Aimee				
TURF ZONE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING SCHEDULE EFFECTIVE AS OF TUESDAY, SEPTEMBER 8, 2020							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		45 MIN Mahsa		45 MIN Amy			
9:30 AM			50 MIN Wendy			50 MIN Christopher	
12:15 PM			45 min Christopher				
5:30 PM							
6:00 PM							
6:30 PM				50 MIN Mahsa			
					<b>KINDLY AHDHERE TO THE FOLLOWING:</b> MASKS REQUIRED TO ENTER/EXIT AND SET UP BIKES. SESSIONS ARE FIRST COME FIRST SERVED, NO ENTRY TO STUDIO PAST 5 MIN AFTER SESSION BEGINS. IT IS SUGGESTED THAT BIKES ARE CLEANED BEFORE & REQUIRED THAT BIKES BE CLEANER AFTER EACH SESSION. <b>PLEASE DO NOT MOVE BIKES.</b> ONCE SELECTED, CHANGING BIKES IS NOT PERMITTED.		