



**SCHEDULE EFFECTIVE MONDAY, APRIL 25, 2022**

MAIN STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEE TIME	WELCOME BACK LEIGH! :-) 	T.B.C. Leigh 7:30 AM	YOGA - FLOW Judi 7:30 AM				
SEE TIME						BURN! Judi 9:00AM	
9:30 AM		PILATES - MAT Janet		MET-EXPLODE Coach Abadi	BOX FIT Helene		
SEE TIME						YOGA - HATHA Judi 10:00 AM	NEW TIME 
12:00 PM						POWER FLEX Boss Man Chris	
						<b>MAIN STUDIO POLICY:</b> DO NOT ENTER A SESSION LATE BEYOND 5 MINUTES. <b>YOGA: BRING A PERSONAL MAT            TO CLASS. MATS NOT AVAILABLE.</b> <b>LEAVING EARLY? LET THE            TEACHER KNOW UPON ENTRY.</b> <b>POST USE, ALL EQUIPMENT MUST            BE SANITIZED AND PUT AWAY.</b> <b>PHONE USE NOT PERMITTED.</b>	
5:30 PM	POWER FLEX Boss Man Chris	BOOTCAMP Kick @ss Corinna	YOGA - HATHA Arfa	PILATES - MAT Janet	YOGA Cara		
6:30 PM		YIN & CHILL Arfa	BOX FIT Helene	POWER FLEX Boss Man Chris			
7:00 PM	YOGA Jonny B						
KEY	BOXING	CYCLING	HIGH INTENSITY	CONDITIONING	PILATES	STRENGTH	YOGA
TURF ZONE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM			STARTS MAY 19 	45 Min Larysa STARTS MAY 19			STARTS APRIL 24 
9:00 AM	NEW TIME 	45 MIN Wendy 9:00 AM					50 Min Federica STARTS APRIL 24
9:30 AM					<b>GROUP CYCLING STUDIO POLICY:</b> PLEASE DO NOT ENTER A SESSION LATE BEYOND 5 MINUTES. <b>PHONE CALLS AND TEXTING IN CLASS ARE NOT            PERMITTED. IF PHONE USE IS REQUIRED,            PLEASE STEP OUT OF THE ROOM.</b> <b>REQUIRED: SANITIZE YOUR BIKE            AFTER EACH SESSION.</b> <b>PLEASE DO NOT MOVE BIKES!</b> <b>LEAVING EARLY? LET THE TEACHER KNOW UPON            ENTRY TO THE SESSION.</b>		
5:30 PM			50 MIN Mahsa	45 MIN Christopher			
6:00 PM							
6:30 PM							