



SCHEDULE EFFECTIVE MONDAY, OCTOBER 10, 2022

MAIN STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEE TIME		T.B.C. Leigh 7:30 AM	YOGA - FLOW Judi 7:30 AM				
SEE TIME						BURN! Judi 9:00AM	
9:30 AM		PILATES - MAT TBA		MET-EXPLODE Coach Abadi			
SEE TIME						YOGA - HATHA Judi 10:00 AM	
SEE TIME						POWER FLEX Christopher 11:30 AM	
						<p style="color: red; margin: 0;"><u>MAIN STUDIO POLICY:</u></p> <p style="margin: 0;">DO NOT ENTER A SESSION LATE BEYOND 5 MINUTES.</p> <p style="margin: 0; color: red;">YOGA: BRING A PERSONAL MAT TO CLASS. MATS NOT AVAILABLE.</p> <p style="margin: 0;">LEAVING EARLY? LET THE TEACHER KNOW UPON ENTRY.</p> <p style="margin: 0; color: red;">POST USE, ALL EQUIPMENT MUST BE SANITIZED AND PUT AWAY.</p> <p style="margin: 0; color: red;">PHONE USE NOT PERMITTED.</p>	
5:30 PM	POWER FLEX Christopher	BOOTCAMP Coach Corinna	YOGA - HATHA Arfa	PILATES - MAT TBA	YOGA Cara		
6:30 PM		YIN YOGA Arfa	ZUMBA Edgar NEW CLASS	POWER FLEX Christopher			
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				45 MIN JILL NEW CLASS			
9:00 AM		45 MIN Wendy					50 Min Federica
9:30 AM							
5:30 PM				45 MIN Christopher			
6:00 PM		NEW 	50 MIN FEDERICA NEW TEACHER				
6:30 PM							
						<p style="color: red; margin: 0;"><u>GROUP CYCLING STUDIO POLICY:</u></p> <p style="margin: 0;">PLEASE DO NOT ENTER A SESSION LATE BEYOND 5 MINUTES.</p> <p style="margin: 0; color: red;">PHONE CALLS AND TEXTING IN CLASS ARE NOT PERMITTED. IF PHONE USE IS REQUIRED, PLEASE STEP OUT OF THE ROOM.</p> <p style="margin: 0;">REQUIRED: SANITIZE YOUR BIKE AFTER EACH SESSION.</p> <p style="margin: 0; color: red;">PLEASE DO NOT MOVE BIKES!</p> <p style="margin: 0;">LEAVING EARLY? LET THE TEACHER KNOW UPON ENTRY TO THE SESSION.</p>	