



SCHEDULE EFFECTIVE MONDAY, JANUARY 9, 2023
SEE YOUR MEMBER APP FOR CURRENT SCHEDULE

| MAIN STUDIO | | | | | | | |
|--------------------|-------------------------------------|--|--------------------------------|-----------------------------|--------------|---|--|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| SEE TIME | NEW TEACHER | T.B.C. Corinna 7:30 AM | YOGA - FLOW Judi 7:30 AM | | | BURN! Judi 9:00AM | |
| SEE TIME | | | | | | YOGA - HATHA Judi 10:00 AM | |
| 9:30 AM | BARRE HEATHER STARTS JAN 9/23 | PILATES - MAT STACIE | | MET-EXPLODE LEXI | | | |
| SEE TIME | NEW CLASS | | | | | POWER FLEX Christopher 11:30 AM | |
| SEE TIME | | | | | | | |
| | | | | | | MAIN STUDIO POLICY: DO NOT ENTER A SESSION LATE BEYOND 5 MINUTES. <u>YOGA: BRING A PERSONAL MAT TO CLASS. MATS NOT AVAILABLE.</u> <u>LEAVING EARLY? LET THE TEACHER KNOW UPON ENTRY.</u> <u>POST USE, ALL EQUIPMENT MUST BE SANITIZED AND PUT AWAY.</u> <u>PHONE USE NOT PERMITTED.</u> | |
| 5:30 PM | POWER FLEX Christopher | BOOTCAMP Coach Corinna | YOGA - HATHA Arfa | PILATES - MAT ANNA | YOGA Cara | | |
| 6:30 PM | | YIN YOGA Arfa | | POWER FLEX Christopher | | | |
| 6:45 PM | YOGA Jonny B 6:45 PM -JAN 9 | MONDAY YOGA NEW TIME STARTS JAN 9/23 | | | | | |
| KEY | BOXING | STRENGTH | HIGH INTENSITY | CONDITIONING | PILATES | CYCLING | 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 TIME 10AM STARTS JAN 15/23 |
| SEE TIME IN BOX | | | | | | | 50 Min Federica 10:00 AM |
| 9:00 AM | | 45 MIN Wendy | | | | | GROUP CYCLING STUDIO POLICY: PLEASE DO NOT ENTER A SESSION LATE BEYOND 5 MINUTES. PHONE CALLS AND TEXTING IN CLASS ARE NOT PERMITTED. <u>REQUIRED: SANITIZE YOUR BIKE AFTER EACH SESSION.</u> PLEASE DO NOT MOVE BIKES! LEAVING EARLY? LET THE TEACHER KNOW! <u>PHONE USE NOT PERMITTED.</u> |
| 5:30 PM | | | | 45 MIN Jill / Chistopher | | | |
| 6:00 PM | | | 50 MIN Federica | | | | |
| 6:30 PM | | | | | | | |