



SCHEDULE EFFECTIVE WEDNESDAY, FEBRUARY 1 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	NEW CLASS		BURN! Judi 9:00AM	
SEE TIME				POWER FLEX STARTS FEB 2 8:30 AM		YOGA - HATHA Judi 10:00 AM	
9:30 AM	BARRE HEATHER STARTS JAN 9/23	PILATES - MAT STACIE		MET-EXPLODE CANCELED AS OF FEBRUARY 1/23			
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			
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. <u>PHONE CALLS AND TEXTING IN CLASS ARE NOT PERMITTED.</u> <u>REQUIRED: SANITIZE YOUR BIKE AFTER EACH SESSION.</u> <u>PLEASE DO NOT MOVE BIKES!</u> <u>LEAVING EARLY? LET THE TEACHER KNOW!</u> <u>PHONE USE NOT PERMITTED.</u>
5:30 PM	NEW CLASS	45 MIN Jill STARTS IN FEB		45 MIN Jill / Christopher Last date Jan 26			
6:00 PM			50 MIN Federica				
6:30 PM							