


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mat Pilates 9:00 AM Carlos	Spinning 5:45 AM Carmen	BODYPUMP 6:00 AM Carmen	Spinning 5:45 AM Connie	Fitness Yoga 9:00 AM Carlos	Spinning Polar GX 8:30 AM Connie	Spinning Polar GX 9:00 AM Carmen
Hardcore Abs 9:00 AM Katie	Mat Pilates 9:15 AM Linda	Fitness Yoga 9:00 AM Katie	BODYCOMBAT 9:30 AM Eva	Hardcore Abs 9:00 AM Linda	BODYPUMP 8:30 AM Brian / Albert	Fitness Yoga 9:00 AM Katie
Chizel 9:30 AM Katie	Forza 9:30 AM Katie	Zumba 9:30 AM Carlos A	Barre Dynamic 10:30 AM Linda	Zumba 9:30 AM Linda	Mat Pilates 9:00 AM Junghee	BODYCOMBAT 9:30 AM Eva
Spinning 9:30 AM Maricella	Spinning 9:30 AM Carlos	Spinning 9:30 AM Eva	Fitness Yoga 10:30 AM Carlos	Spinning 9:30 AM Eva	Spinning 9:30 AM Arlene	Gentle Yoga 10:30 AM Nicole S
Gentle Yoga 10:30 AM Katie	Body Blast 10:30 AM Linda	Club Strength 10:30 AM Katie	Mat Pilates 4:30 PM Linda	BODYPUMP 10:30 AM Alternating Instructors	BODYCOMBAT 9:30 AM Albert	Hardcore Abs 10:30 AM Eva
Zumba 10:30 AM Linda	Fitness Yoga 10:30 AM Carlos	Body Blast 5:30 PM Linda	BODYCOMBAT 5:30 PM Liz	Gentle Yoga 10:30 AM Nicole S	Gentle Yoga 10:30 AM Nicole S	BODYPUMP 11:00 AM Carmen/ Liz
Mash Up 5:30 PM Nicole L	Fitness Yoga 4:30 PM Carlos	BODYCOMBAT 6:30 PM Eva	Gentle Yoga 6:30 PM Carlos		Barre Dynamic 10:30 AM Ashlyn	
BODYPUMP 6:30 PM Liz	Barre Dynamic 5:30 PM Linda	Fitness Yoga 6:30 PM Carlos	BODYPUMP 6:30 PM Liz		Mash Up 11:30 AM Nicole L	
Spinning 6:30 PM Eva	Zumba 6:30 PM Eva	Spinning 7:00 PM Raful	Spinning 7:00 PM Arlene			
Gentle Yoga 7:00 PM Sowmiya	Mat Pilates 6:35 PM Linda	P90X™ 7:30 PM Maricella	Barre Dynamic 7:30 PM Nicole L			
BODYCOMBAT 7:30 PM Albert	Spinning 7:30 PM Maricella					
	Fitness Yoga 7:30 PM Carlos					
	Club Strength 7:30 PM Mary Ellen					

Reservation Required **RR**

Club Hours
Monday - Friday
 5AM-11PM
Saturday - Sunday
 7AM-7PM

Kids' Club Hours
Monday-Friday
 8 AM - 1 PM & 3:30 PM - 8:30 PM
Saturday - Sunday
 8 AM - 2 PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4 AM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You