



Spring 2018

Schedule from FEB1-MAY31

Any class with less than 8 in attendance is revamped for the next month or removed from calendar

MONDAY

5:00AM Bootcamp
8:30AM Interval Combo
9:30AM **Align & Shine Yoga**
4:30PM Dance & Tone
5:30PM **TABATA CIRCUIT**
SPIN

TUESDAY

8:30AM **Melanie MashUp**
4:30PM SPIN (30/30)
Butts & Guts (30/30)
5:30PM **Hi Lo Combo**
6:30PM Vinyasa Yoga

WEDNESDAY

5:00AM Bootcamp
8:30AM Hip Hop Abs
9:30AM **Pilates**
4:30PM **A Good Kick in the Abs**
5:30PM POUND
SPIN 45/ ABS15

THURSDAY

8:30AM **Totally Toning**
5:30PM HIIT
Rest Release Restore Yoga

FRIDAY

5:00AM Bootcamp
8:30AM Hip Hop POUND
9:30AM Barre Tab

SATURDAY MAY 5, 12, 19, 26

8:30AM Interval Combo

DAYCARE HOURS

Mon Wed Fri 8:15 - 10:45AM
Tu Th Sat 8:15 - 9:45AM
Mon Tues Wed 4:15 - 6:45 PM
Thurs 5:15 - 6:45 PM

MAY MONTHLY UPDATE

SAT ROGUE 7:30AM RESERVE @ DESK
SHAKE: PINA COLADA
MOTHERS DAY & GRADUATION SALE
GYM JR DROP IN FOR \$10 FRI 10:45A
MEMORIAL DAY HOURS 5.28.18
OPEN 7:30-3:30 (1ST DAY OF KIDS CAMP)
NO 5am Class, NO 9:30am Class,
NO PM Classes or Daycare
8:30am Class & Daycare ON
Guest Policy >13 yrs =\$10 <12yrs=\$5
6wks-7yrs in Daycare = \$2
LIFEGUARDS START Sat May 26 11a-3p