



SCHEDULE 8/1/2013-NOW

Day	Time	Class
Monday	7-7:50am	Classically FIT
	12-1pm	Restorative Yoga
	5-5:50pm	Classically FIT
	6-6:50pm	Fitness After Baby
	6-6:50pm	Cario Seires
	7-7:50pm	Dynamically FIT
Tuesday	6-6:50am	Dynamically FIT
	7-7:50am	Cardio Series
	5-5:50pm	Cardio Series
	6-6:50pm	Abdominally FIT
	7-7:50pm	Cardio Series
	7-7:50pm	Restorative Yoga
Wednesday	7-7:50am	Dynamically FIT
	8-8:50am	Restorative Yoga
	5-5:50pm	Cardio Series
	5-5:50pm	Fitness After Baby
	6-6:50pm	Dynamically FIT
	7-7:50pm	Abdominally FIT
Thursday	7-7:50am	Cardio Series
	5-5:50pm	Classically FIT
	6-6:50pm	Abdominally FIT
	6-6:50pm	Fitness After Baby
	7-7:50pm	Cardio Series
	7-7:50pm	Restorative Yoga

Day	Time	Class
Friday	6-6:50am	Cardio Series
	7-7:50am	Classically FIT
	12-1pm	Restorative Yoga
	5-5:50am	Cardio Series
Saturday	8:30-9:20am	Cardio Series
	9-9:50am	Fitness After Baby
	10-10:50am	Abdominally FIT
	11-11:50am	Classically FIT