Summer

June 4/12 - September 9/12

Group X Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 am		**Ab-blaster** Krista. H		**Ab-blaster** Krista. H			
9:00 am	Mary	Step Kelly	Heidi/Jennifer	Krista H	Kelly		
10:00 am	MPR Mary KICKBOX Lauren	Stretch n Relax MPR Lauren	Triple Threat Kelly	Stretch & Relax Lauren	Yoga Jessica	Krista/ Melvina **11:00pm** **Ab-blaster** Krista/ Melvina	
12:15 pm	Kelly		Jennifer				
6:00 pm	Kelly/ Yoga 5:30pm MPR Louise		Yoga MPR 5:30pm Jessica	Lauren			
6:30 pm		**Ab-blaster** Elsie					

7:00 pm	GROUP POWER Melvina Ab-blaster 8:00pm Melvina	GROUP ACTIVE Kathy C	GROUP POWER Krista. H	GROUP ACTIVE Kathy C			

Ride Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	GROUP RIDE Kelly		GROUP RIDE **Learn to Ride** Vaughan 10:00am	**Free Ride** Kelly	GROUP RIDE Jennifer 10am	GROUP RIDE Heidi	
12:15pm		GROUP RIDE Kelly					
5:30pm		GROUP RIDE Jennifer		GROUP RIDE Krista/Melvina 5:15pm	GROUP RIDE Krista/Melvina 5:15pm		
6:00pm							
8:00pm	GROUP RIDE Krista		GROUP RIDE Melvina				GROUP RIDE Vaughan 7:30pm