Class Schedule

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8:00 AM											112 Rise & Cycle w/Val (8:00)	
	113 Pilates w/Michele (8:30)				112 Spin Fusion w/Michele (8:30)				113 Pilates w/Michele (8:30)			
9:00 AM	117 Creative Kids w/Sue (9:00)	111 Walk off the Pounds w/Toni (9:30)	Aux Gym Pickleball (9:00)	Gym Ready Set Go w/Toni (9:00)	117 Creative Kids w/Sue (9:00)	111 Walk off the Pounds w/Toni (9:30)	110 Kripalu Yoga w/Janet (9:00)	Aux Gym Pickleball (9:00)	117 Creative Kids w/Sue (9:00)	Aux Gym Pickleball (9:00)		
	112 Spin w/Michele (9:45)				112 Senior Spin w/Michele (9:45)		Gym Ready Set Go w/Toni (9:00)		Gym Pickleball (9:00)	112 Spin w/Michele (9:45)		
10:00 AM	109 Tai Chi w/Gerri (10:00)				109 Yoga HWB w/Linda (10:00)				109 Chair Yoga w/Linda (10:00)		117 Stem Saturdays w/Gina (10:00)	
			113 Fabulous 50+ w/Michele (10:30)				113 Fabulous 50+ w/Michele (10:30)					
11:00 AM	117 Creative Kids w/Sue (11:15)		Gym Pickleball (11:00)		117 Creative Kids w/Sue (11:15)		Gym Pickleball (11:00)		117 Creative Kids w/Sue (11:15)			
					Gym Ready Set Go w/Toni (11:30)							
12:00 PM	Gym Open Gym (12:00)								109 MBSR w/Linda (12:00)			
1:00 PM												
2:00 PM												
3:00 PM												
4:00 PM							112 Rev it up Cycling w/Val (4:00)					
			Gym Basketball Skills Academy (4:30)		Gym Awesome Athletes (4:45)							
5:00 PM	111 Beginner Step w/Wendie (5:30)	112 Rev it up Cycling w/Val (5:30)	112 Spin w/Michele (5:00)	113 Zumba w/Kendale (5:30)	111 Advanced Step w/Wendie (5:30)		112 Spin w/Michele (5:00)	118 MBSR w/Linda (5:30)				
	117 Crazy for Crafts w/Meredith (5:30)	109 Tai Chi w/Gerri (5:45)	117 Crazy for Crafts w/Meredith (5:30)	110 Dance w/Emma (5:30)			110 Dance w/Danielle (5:30)					
6:00 PM	Aux Gym Karate (6:00)	111 Cardio Blast w/Wendie (6:30)	109 Kripalu Yoga w/Janet (6:00)	Aux Gym Wrestling (6:00)	Aux Gym Karate (6:00)	Gym Open Gym (6:00)	Aux Gym Wrestling (6:00)	Gym Volleyball w/Scott (6:00)	Aux Gym Karate (6:00) 1st & 3rd	Aux Gym Wrestling (6:00) 2nd & 4th		
	109 Beginner Fencing w/Jaimie & Amanda (6:45)		110 Power Flow Yoga w/Colleen (6:00)	113 Pilates w/Michele (6:30)	111 Cardio Blast w/Wendie (6:30)		113 Pilates w/Michele (6:30)	109 Advanced Fencing w/Jaimie & Amanda (6:45)				
7:00 PM					110 Dance w/Danielle (7:00)							
			Gym Middle School Open Gym (7:30)									
8:00 PM												
			Gym High School Open Gym (8:30)									