

Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6 am Full Body Blast Mary Frances		6 am Hard Core Mary Frances			
10 am Silver Fox/Stretch Laurie Don	10 am Silver Fox Laura	10 am Silver Fox/Legs Cody	10 am Silver Fox Crystal	10 am Silver Fox Crystal	10 am Saturday Morning Sweat Crystal	
5:30 pm Group Strength Jesslyn	5:30 pm Upper Body Sculpt Natasha/Tonya	5:30 pm Random Antics Cody	5:15 pm Yoga Laurie Don			
			6:30 pm Soul Cycle Jesslyn			