

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	HIIT YOUR DAY OFF <i>(Kenzie Rice)</i>	PUMPED UP PILATES <i>(Ingrid Stutzman)</i>	HIIT YOUR DAY OFF <i>(Kenzie Rice)</i>	BAR EFFECT <i>(Ingrid Stutzman)</i>			
7:00/7:45		FUNCTIONAL FITNESS & FLOW <i>Amy Renn</i>					
9:00/9:15	BETTS BOOTCAMP <i>(Catherine Betts)</i>	BAR EFFECT <i>(Michelle Rahlves)</i>	BAR EFFECT <i>(Michelle Rahlves)</i>	BAR EFFECT <i>(Ingrid Stutzman)</i>		BAR EFFECT <i>(Ingrid Stutzman)</i>	MORNING FLOW HATHA & VINYASA <i>(Isabelle Marie)</i>
11:00							POSTNATAL- BABY FRIENDLY <i>Starts March 17th (Isabelle Casey)</i>
12:00	HATHA YOGA <i>(Emily Williams)</i>	UJAM DANCE <i>(Jill Schmitz)</i>					
2:00							
3:00							TUMBLE, MUSIC & MOVEMENT (3-7 YEARS) <i>(ASHLEY ANDERSON)</i>
3:45	HIPS-AFLOW <i>(Heather Tjalma)</i>	BAR EFFECT <i>(Michelle Rahlves)</i>	TEEN- STRENGTH, AGILITY & PERFORMANCE (4 WEEK SERIES) <i>Starts March 13th (Catherine Betts)</i>	BETTS BOOTCAMP <i>(Catherine Betts)</i>	SHIRE'S LIL GROOVER'S (5-8 YEARS) <i>(Ashley Anderson)</i>		
4:00							
5:00	BETTS BOOTCAMP <i>(Catherine Betts)</i>	VINYASA YOGA <i>(Nikki Dean)</i>	MOUNTAIN STRONG <i>(Catherine Betts)</i>	HATHA YOGA <i>(Emily Williams)</i>	BETTS BOOTCAMP <i>(Catherine Betts)</i>		
6:15	CANDLELIGHT YOGA W/ REIKI <i>(Tanya Fuller)</i>	HIIT THE NIGHT HARD <i>(Kenzie Rice)</i>	RESTORATIVE YOGA <i>(Holly Pyper)</i>	HIIT THE NIGHT HARD <i>(Kenzie Rice)</i>			