

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00	<b>BOOTCAMP</b> <u>Kenzie Rice</u>	<b>PUMPED UP PILATES</b> Ingrid Stutzman	<b>BOOTCAMP</b> <u>Kenzie Rice</u>	<b>BAR EFFECT</b> <u>Ingrid Stutzman</u>	<b>PILATES FUSION</b> <u>Emily Bloch</u>		
7:00/7:45							
9:00/9:15		<b>BAR EFFECT</b> <u>Michelle Rahlves</u>	<b>BAR EFFECT</b> <u>Michelle Rahlves</u>	<b>BAR EFFECT</b> <u>Ingrid Stutzman</u>		<b>BAR EFFECT</b> ( <u>Ingrid Stutzman</u> )	<b>YOGA FLOW</b> <u>Isabelle Marie</u>
10:00							
12:00	<b>YOGA ALIGN &amp; FLOW</b> <u>Emily Williams</u>	<b>UJAM DANCE</b> <u>Jill Schmitz</u>					
2:00							
3:00							
3:45	<b>HIPS-AFLOW</b> ( <u>Heather Tjalma</u> )						
4:00							
5:00	<b>BOOTCAMP</b> <u>Catherine Betts</u>	<b>YOGA ALIGN &amp; FLOW</b> <u>Nikki Dean</u>	<b>BAR FUSION</b> <u>Staci Curtis</u>	<b>YOGA ALIGN &amp; FLOW</b> <u>Emily Williams</u>	<b>BOOTCAMP</b> <u>Catherine Betts</u>		
6:15	<b>CANDLELIGHT YOGA W/ REIKI</b> <u>Tanya Fuller</u>	<b>BOOTCAMP</b> <u>Kenzie Rice</u>	<b>RESTORATIVE YOGA +MASSAGE</b> <u>Staci Curtis</u>	<b>BOOTCAMP</b> <u>Kenzie Rice</u>			