

### STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM	<b>Functional Strength</b> Christy		<b>Functional Strength</b> Christy					
6:00AM		<b>BODYPUMP</b> Christy		<b>BODYPUMP</b> Christy				
8:30AM	 Chrissie					8:00AM	 Nekea	
9:00AM				<b>BODYPUMP</b> Karissa		9:10AM	<b>BODYCOMBAT</b> Donna/Leslie	<b>BODYPUMP</b> Vicky
9:30AM		<b>BODYPUMP</b> Jen	 Mary					
9:45AM					<i>Les Mills CORE</i> Jen			
10:30AM	<i>Les Mills CORE</i> Jen			*10:15 Jen	<b>Strong &amp; Steady</b> Judy J	10:15AM	<b>BODYPUMP</b> Jen	
10:45AM			<i>Les Mills PILATES</i> Jen			11:30AM	<b>BODYSTEP</b> Ashley	
11:00AM		<b>Strong &amp; Steady</b> Kathy				12:30PM		 Krishna
11:30AM	 Jean			<b>Strong &amp; Steady</b> Ali				
12:00PM								
4:30PM				<i>Les Mills PILATES</i> Jen 2/12 & 26 only				
5:30PM	<b>BODYSTEP</b> Ashley	<b>BODYPUMP</b> *5:45 Ashley		<b>BODYPUMP</b> Catherine				
6:00PM			<b>BODYPUMP</b> Vicky		 Mashari			
6:35PM	 Brandi							
7:15PM		 Jean	 Gelasia	 Teryck				

### STUDIO II

6:00AM	<b>YOGA</b> Tatiana	<b>MAT PILATES</b> Nekea	 Nekea	<b>MAT PILATES</b> Nekea	<b>YOGA</b> Tatiana			
9:00AM	<i>Barrelates</i> Deborah	<i>Pilates Flow</i> Mary		<b>MAT PILATES</b> Renee	<b>MAT PILATES</b> Renee	9:00AM		<b>CORE YOGA</b> Judy C
9:30AM			<i>FusionFLOW</i> Deborah			9:15AM	<i>Vinyasa Flow</i> Jenny	
10:30AM	<i>Vinyasa Flow</i> Cameron	*10:15 Mary		<i>Vinyasa Flow</i> Joanna	<i>Vinyasa Flow</i> Deborah	10:00AM		<i>Vinyasa Flow</i> Judy C
11:00AM			 Jean			11:30AM	 Teryck	
11:30AM		<b>GENTLE YOGA</b> Judy J						
5:30PM	<i>Les Mills PILATES</i> Catherine	<b>CORE YOGA</b> Catherine	 Krishna	*5:35 Mary				
6:30PM			<b>STEP</b> *6:35 Barry					
6:45PM		<b>BODYCOMBAT</b> Donna/Leslie						
7:00PM	 Lynne			<b>YOGA</b> Judy C				

### AQUA - Classes 60 Minute Block

8:00AM								
9:00AM		<b>AquaCombat</b> Carla			<b>AquaHIIT</b> Carla	9:00AM		<b>Aqua Tabata</b> Leslie
9:30AM			<b>AquaFit</b> Lisa					
10:00AM				<b>AquaFit</b> Carla				
10:30AM	<b>AquaFit</b> Lisa							
5:30PM					<b>AquaHIIT</b> Leslie			
6:30PM	 Mashari	<b>AquaDEEP</b> Marlys		<b>Aqua Tabata</b> Marlys				

### CYCLE

5:00AM		<b>Cycle</b> Christy		<b>Cycle</b> Christy				
8:30AM			<b>Cycle</b> *45min Melanie		<b>Cycle</b> Traci			
9:15AM				<b>Cycle</b> Chrissie		9:30AM	<b>Cycle</b> Carly	
9:45AM	 Mary							
10:30AM					 Jen	10:00AM		<b>HIIT 30 Cycle</b> Leslie
4:30PM	<b>Cycle</b> Becca							
5:30PM		<b>Cycle</b> Marlys	 Mary					

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- Please consult your health care provider prior to engaging in any form of physical activity.
- Please be on time for classes. Do not enter if more than 10 minutes late.
- As a courtesy, please turn off all cell phones prior to the start of class.
- Follow the Instructor's routine.
- Please return equipment to its proper place.
- Please hydrate before, during and after class.
- Results Fitness reserves the right to cancel/substitute classes and/or instructors as needed.

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