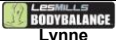


STUDIO I								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00AM								
6:00AM		Functional Strength Christy		Functional Strength Christy				
8:30AM	 Chrissie					8:00AM	 Nekea	
9:00AM				 Team		9:10AM	 Donna/Leslie	 Vicky
9:30AM		 Jen	 Mary					
9:45AM					Les Mills CORE Jen			
10:30AM	Les Mills CORE Jen			*10:15  Jen	Strong & Steady Judy J	10:15AM	 Jen	
10:45AM			Les Mills PILATES Jen			11:30AM	 Ashley	
11:00AM		Strong & Steady Team				12:30PM		 Krishna
11:30AM	 Jean			Strong & Steady Ali				
12:00PM								
4:30PM								
5:30PM	 Ashley	 *5:45 Ashley		 Catherine				
6:00PM			 Vicky		 Mashari			
6:45PM	 *6:35 Brandi	 Jean		 Teryck				
7:15PM			 Gelasia					
STUDIO II								
6:00AM	 Tatiana	LM Pilates & Strength Nekea	 Nekea	LES MILLS PILATES Nekea	 Tatiana			
9:00AM	Sculpt Flow Deborah	Pilates Flow Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy C
9:30AM			FusionFLOW Deborah			9:15AM	Vinyasa Flow Jenny	
10:30AM	Vinyasa Flow Cameron	 *10:15 Mary		Vinyasa Flow Joanna	Vinyasa Flow 10:15 Deborah	10:00AM		Vinyasa Flow Judy C
11:00AM			 Jean			11:30AM	 Teryck	
11:30AM		 Judy J						
5:30PM	Les Mills PILATES Catherine	CORE YOGA Catherine	 Brandi	 *5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		 Donna/Leslie						
7:00PM	 Lynne			 Judy C				
AQUA - Classes 60 Minute Block								
8:00AM								
9:00AM		AquaCombat Carla		AquaFit Carla	AquaHIIT Carla	9:00AM		Aqua Tabata Leslie
9:30AM			AquaFit Lisa					
10:30AM	AquaFit Lisa							
5:30PM					AquaHIIT Leslie			
6:30PM	AquaFit Marlys/Mashari	AquaDEEP Marlys		Aqua Tabata Marlys				
CYCLE								
5:00AM		Cycle Christy		Cycle Christy				
8:30AM			Cycle *45min Melanie					
9:15AM				Cycle Chrissie		9:30AM	Cycle Carly	
9:45AM	 Mary							
10:30AM					 Jen	10:00AM		HIIT 30 Cycle Leslie
5:00PM	HIIT 30 Cycle Carly							
5:30PM		Cycle Marlys	 Mary					
E T C L A S S E S	• 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.				Jennifer Rapchak ~ Group X Director groupx@resultsfitnessgym.com			