<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>AM</th>
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</thead>
</table>
| 6:15-7:15AM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | ZUMBA GOLD  
DIANA GYM  
MP ROOM | 6:15-7:15AM  
MP ROOM |
| 8:00-9:00AM | BARBELL PUMP  
DIANA GYM  
MP ROOM | BARBELL PUMP  
DIANA GYM  
MP ROOM | BARBELL PUMP  
DIANA GYM  
MP ROOM | BARBELL PUMP  
DIANA GYM  
MP ROOM | BARBELL PUMP  
DIANA GYM  
MP ROOM | BARBELL PUMP  
DIANA GYM  
MP ROOM | BARBELL PUMP  
DIANA GYM  
MP ROOM | 8:00-9:00AM  
MP ROOM |
| 9:15-10:00AM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | 9:15-10:00AM  
MP ROOM |
| 10:00-10:30AM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | 10:00-10:30AM  
MP ROOM |
| 10:15-11:15AM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | AOA CARDIO & STRENGTH  
DIANA GYM  
MP ROOM | 10:15-11:15AM  
MP ROOM |
| 4:30-5:00PM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | 4:30-5:00PM  
MP ROOM |
| 4:45-5:15PM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | TRX  
DIANA MP ROOM | 4:45-5:15PM  
MP ROOM |
| 5:30-6:00PM | SALSATION  
LAURA GYM  
MP ROOM | SALSATION  
LAURA GYM  
MP ROOM | SALSATION  
LAURA GYM  
MP ROOM | SALSATION  
LAURA GYM  
MP ROOM | SALSATION  
LAURA GYM  
MP ROOM | SALSATION  
LAURA GYM  
MP ROOM | SALSATION  
LAURA GYM  
MP ROOM | 5:30-6:00PM  
MP ROOM |
| 6:30-7:00PM | ZUMBA  
LAURA GYM  
MP ROOM | ZUMBA  
LAURA GYM  
MP ROOM | ZUMBA  
LAURA GYM  
MP ROOM | ZUMBA  
LAURA GYM  
MP ROOM | ZUMBA  
LAURA GYM  
MP ROOM | ZUMBA  
LAURA GYM  
MP ROOM | ZUMBA  
LAURA GYM  
MP ROOM | 6:30-7:00PM  
MP ROOM |

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Schedules may change without notice.
<table>
<thead>
<tr>
<th>AM</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td></td>
<td>PILATES - MAT</td>
<td>ELIZABETH</td>
<td>MP ROOM</td>
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</tr>
<tr>
<td></td>
<td>9:45-10:45AM YOGA- ALL LEVEL</td>
<td>HEIDI</td>
<td>MP ROOM</td>
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</tr>
<tr>
<td>9:00</td>
<td>PILATES - MAT</td>
<td>ELIZABETH</td>
<td>MP ROOM</td>
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</tr>
<tr>
<td>9:30</td>
<td>YOGA-POWER VINYASA</td>
<td>HEIDI</td>
<td>MP ROOM</td>
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</tr>
<tr>
<td>10:00</td>
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<td>10:45</td>
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<tr>
<td>11:00</td>
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