

MEMORIAL DAY

CLASS SCHEDULE

Monday, May 25

7 to 7:45 a.m.	TRX	Lori	Strong
7:45 to 9 a.m.	SwimFit Endurance	Charlie	Sports Pool (lanes 1-6)
8 to 8:30 a.m.	Dirty Thirty	Lori	Strong
8:45 to 9:30 a.m.	Muscles	YJ	Move
8:45 to 9:30 a.m.	Pure Cycle	Jorjia	Surge
8:45 to 9:30 a.m.	Yoga/Pilates Fusion	Alyssa	Strong
9:30 to 10:30 a.m.	Yoga Power	Jaclyn	Breathe
9:45 to 10:30 a.m.	K.A.R.B.	YJ	Strong
9:45 to 10:30 a.m.	Jump & Pump	Melissa	Move
10 to 11 a.m.	VideoRide	Martica	Surge
10:45 to 11:30 a.m.	BARRE Jam	Mel	Strong
10:45 to 11:30 a.m.	Power Sculpt	Jaclyn	Move
11 a.m. to Noon	Yoga Stretch	Jonah	Breathe
11:45 a.m. to 12:30 p.m.	Yoga Weighted	Susy	Move
12:05 to 12:30 p.m.	Meditation	Jonah	Breathe
12:45 to 1:45 p.m.	Yoga Body	Susy	Breathe
3 to 3:45 p.m.	Classic Pilates	Katrina	Move

