

MEMORIAL DAY

CLASS SCHEDULE

Monday, May 26

6:15 to 7 a.m.	TRX	Lori	Strong
7:15 to 8 a.m.	Dirty Thirty	Lori	BB Court
7:30 to 8:45 a.m.	SwimFit Fired Up	Charlie	Sports Pool (Lanes 1-6)
8:30 to 9:30 a.m.	Yoga Therapy	Larry	Breathe
8:30 to 9:15 a.m.	Rhythm Ride	Susy	Surge
9 to 9:45 a.m.	Step	Steph	Move
9:30 to 10:15 a.m.	TRX H.I.I.T.	Steven	Strong
9:45 to 10:30 a.m.	VideoRide	Martica	Surge
9:45 to 10:45 a.m.	Yoga Power	Susy	Breathe
10 to 10:45 a.m.	Cutting EDGE	Sarah Holloway	Move
11 to 11:45 a.m.	Muscles	Martica	Move
11 to 11:45 a.m.	Power Pilates	Melinda	Strong
11 a.m. to Noon	Yoga Body	Misha	Breathe
Noon to 12:45 p.m.	BARRE off the BARRE	YJ	Move
12:15 to 1 p.m.	Restorative Yoga	Misha	Breathe
1 to 1:45 p.m.	BOSU Blast	YJ	Move
1:05 to 1:30 p.m.	Meditation	Misha	Breathe
3 to 3:45 p.m.	Classic Pilates	Katrina	Move
6 to 7 p.m.	Yoga Body	Charlotte	Breathe

