

	MON	TUES	WED	THUR	FRI
5:00 AM	POWER <i>hour</i> Kim - 55 min	 BUTTS & GUTS Julie - 45 min	POWER <i>hour</i> Kim - 55 min	BARRE above™ Julie - 45 min	HIIT POWER Jacy - 45 min
6:00 AM	HIIT POWER Dena - 45 min	 CYCLE STRENGTH Mayson - 45 min	 LES MILLS BODYCOMBAT Dena - 45 min	 CYCLE Julie - 40 min	 LIFT Amy - 45 min
8:30 AM	STRENGTH & motion Carley - 60 min	Sculpt Addie - 45 min	 LES MILLS BODYPUMP Carley - 60 min	 CYCLE CORE Ashlie - 40 min	BARRE above™ Julie - 45 min
10:00 AM	<i>ageless</i> WARRIORS for ages 50+ Alli - 45 min	SELF-LED STRENGTH Purple & White Circuit Machines	<i>ageless</i> WARRIORS for ages 50+ Hannah - 45 min	<i>Line Dancing</i> Jolene - 45 min	<i>ageless</i> WARRIORS for ages 50+ Julie - 45 min
4:30 PM	 LES MILLS BODYCOMBAT Dena - 45 min	 SOUL STRENGTH Carley - 45 min	Sculpt Addie - 45 min	 CYCLE JAM Carley - 30 min	
5:30 PM	 Yoga Brittany - 45 min STRENGTH Hannah - 45 min	 PIYO LIVE! Julie - 45 min	 Yoga Brittany - 45 min  LES MILLS BODYSTEP Bobbi - 45 min	 LES MILLS BODYPUMP Carley - 60 min	Reserved for girls' Night Out! See front desk to schedule.
6:00 PM		 CYCLE EXPRESS Maggie - 30 min			

SATURDAY LINEUP - 8:30 AM:

October 4	BodyPump Launch - Carley
October 11	Sculpt - Addie
October 18	Soul Strength - Carley
October 25	Halloween HIIT - Dena

JFL 101

Monday, October 20 @ 5:30pm - Alli