**STUDIO B**

<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>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 - 7:30am</td>
<td>Indoor Cycling</td>
<td>Cycle Fusion</td>
<td>Freestyle Fusion</td>
<td></td>
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</tr>
<tr>
<td>11:15 - 12:00 pm</td>
<td>Yoga Flow</td>
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<tr>
<td>12:15 - 1:00 pm</td>
<td>Interval Training</td>
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</tr>
<tr>
<td>5:00 - 5:45 pm</td>
<td>Power Yoga</td>
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</tr>
<tr>
<td>5:45 - 6:30 pm</td>
<td>Indoor Cycling</td>
<td>Cycle / Abs</td>
<td>Ride N Glide</td>
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</tr>
<tr>
<td>6:00 - 6:45 pm</td>
<td>Gravity Group</td>
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<tr>
<td>7:45 - 8:30 pm</td>
<td>Zumba</td>
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</table>

**STUDIO C**

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<tr>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>12:00 - 12:45 pm</td>
<td>Dance Fitness</td>
<td>Lift</td>
<td>Core &amp; More</td>
<td></td>
<td>Rumble</td>
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</tr>
<tr>
<td>12:15 - 1:00 pm</td>
<td>Yoga</td>
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<tr>
<td>4:15 - 5:00 pm</td>
<td>Yoga</td>
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<tr>
<td>5:00 - 5:45 pm</td>
<td>Yoga</td>
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</tr>
<tr>
<td>5:30 - 6:00 pm</td>
<td>Back To Abs</td>
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<tr>
<td>6:00 - 6:45 pm</td>
<td>BEAST</td>
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<tr>
<td>7:00 - 7:45 pm</td>
<td>Body Tone</td>
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**FITNESS FLOOR**

<table>
<thead>
<tr>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:15 - 1:00 pm</td>
<td>TreadFit</td>
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<td>TreadFit</td>
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</tbody>
</table>

**Abbreviated schedule December 6-21. Instructors, class formats and class locations subject to change.**

**No Classes on September 3, October 6-9, and November 21-25**