

	Mon	Tue	Wed	Thu	Fri	Sat
	<b>HOURS OF OPERATION:</b> MON-THURS 5:30AM-9:00PM FRIDAY 5:30AM-8:00PM SATURDAY 9:00AM-5:00PM SUNDAY 1:00PM-5:00PM (216) 771-6900  *Yoga Studio		1 12-1PM COMBO PUMP (MICHAEL C.)  6-7PM VINYASA YOGA* (GINA)	2 12-12:45PM CARDIO TONE (MICHAEL)  5:45-6:45PM KARDIO KICKBOX (SHELLEY)	3 12-1PM POWER PACING (MICHAEL C.)	4
5	6 <b>RESULTS            CLOSED</b>  <u>LABOR DAY</u>	7 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	8 12-1PM COMBO PUMP (MICHAEL C.)  6-7PM VINYASA YOGA* (SARAH)	9 12-12:45PM CARDIO TONE (MICHAEL)  5:45-6:45PM KARDIO KICKBOX (SHELLEY)	10 12-1PM T-BOW (MICHAEL C.)	11
12	13 12-12:45PM CARDIO HIP-HOP (MICHAEL) 12-1PM MUSCLE PUMP* (MICHAEL C.) 5:45-6:30PM KARDIO KICKBOX 6:35-6:50PM ABS (SHELLEY)	14 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	15 12-1PM COMBO PUMP (MICHAEL C.)  6-7PM VINYASA YOGA* (SUB)	16 12-12:45PM CARDIO TONE (MICHAEL)  5:45-6:45PM KARDIO KICKBOX (SHELLEY)	17 12-1PM POWER PACING (MICHAEL C.)	18
19	20 12-12:45PM CARDIO HIP-HOP (MICHAEL) 12-1PM MUSCLE PUMP* (MICHAEL C.) 5:45-6:30PM KARDIO KICKBOX 6:35-6:50PM ABS (SHELLEY)	21 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	22 12-1PM COMBO PUMP (MICHAEL C.)  6-7PM VINYASA YOGA* (SARAH)	23 12-12:45PM CARDIO TONE (MICHAEL)  5:45-6:45PM KARDIO KICKBOX (SHELLEY)  <u>FIRST DAY OF FALL</u>	24 12-1PM T-BOW (MICHAEL C.)	25
26	27 12-12:45PM CARDIO HIP-HOP (MICHAEL) 12-1PM MUSCLE PUMP* (MICHAEL C.) 5:45-6:30PM KARDIO KICKBOX 6:35-6:50PM ABS (SHELLEY)	28 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	29 12-1PM COMBO PUMP (MICHAEL C.)  6-7PM VINYASA YOGA* (SARAH)	30 12-12:45PM CARDIO TONE (MICHAEL)  5:45-6:45PM KARDIO KICKBOX (SHELLEY)		