

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 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)	2 12-1PM VINYASA YOGA* (GINA) 12-1PM POWER PACING (HEATHER) 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	3 12-1PM COMBO PUMP (MICHAEL C.) 5:30-6:30PM STEP CLASS (VALLE) 6-7PM VINYASA YOGA* (GINA)	4 12-12:45PM CARDIO TONE (MICHAEL) 5:45-6:45PM KARDIO KICKBOX (SHELLEY)	5 12-1PM POWER PACING (MICHAEL C.)	6
7	8 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)	9 12-1PM VINYASA YOGA* (GINA) 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	10 12-1PM COMBO PUMP (MICHAEL C.) 6-7PM VINYASA YOGA* (GINA)	11 12-12:45PM CARDIO TONE (MICHAEL) 5:45-6:45PM KARDIO KICKBOX (SHELLEY)	12 12-1PM T-BOW (MICHAEL C.)	13
14	15 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)	16 12-1PM VINYASA YOGA* (GINA) 12-1PM POWER PACING (HEATHER) 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	17 12-1PM COMBO PUMP (MICHAEL C.) 6-7PM VINYASA YOGA* (GINA)  ST PATRICK'S DAY	18 12-12:45PM CARDIO TONE (MICHAEL) 5:45-6:45PM KARDIO KICKBOX (SHELLEY)	19 12-1PM POWERPACING (MICHAEL C.)	20  FIRST DAY OF SPRING
21	22 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)	23 12-1PM VINYASA YOGA* (GINA) 12-1PM POWER PACING (HEATHER) 5:30-6:30PM SPINNING (MELISSA)	24 12-1PM COMBO PUMP (MICHAEL C.) 5:30-6:30PM STEP CLASS (VALLE) 6-7PM VINYASA YOGA* (GINA)	25 12-12:45PM CARDIO TONE (MICHAEL) 5:45-6:45PM KARDIO KICKBOX (SHELLEY)	26 12-1PM T-BOW (MICHAEL C.)	27
 28 PALM SUNDAY	29 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)	30 12-1PM VINYASA YOGA* (GINA) 12-1PM POWER PACING (HEATHER) 5:30-6:30PM SPINNING (MELISSA) 5:30-6:30PM PILATES* (JARVIS)	31 12-1PM COMBO PUMP (MICHAEL C.) 5:30-6:30PM STEP CLASS (VALLE) 6-7PM VINYASA YOGA* (GINA)	<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		