

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:30 AM *YOGABURN - Jen 10:00 AM AQUA Strength & Stretch - Jeannine 10:30 AM *GENTLE YOGA - Ashlev 11:30 AM MUSCLEWORKS - Pennv 11:30 AM AQUA Boot Camp - Cordell 4:30 PM **TRX™ Interval Training - Rachel 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Cathv 5:30 PM AQUA HIIT Training - Laurie 5:30 PM **ZUMBA™ - Candace 5:30 PM BODYPOWER - Gloria 5:30 PM *RPM™ CYCLE - Susan 6:30 PM **INSANITY™ - Robert 6:30 PM *GENTLE YOGA - Jade 7:00 PM **TAE KWON DO (age 13-adult) - Jeffrey	5:30 AM BODYPOWER - Winnie 5:30 AM Stroke Work/Conditioning - Gayle 8:00 AM Aqua Basic Circuits - Kathleen 9:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rachel 12:00 PM *PILATES - Andrea 4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Susan 5:30 PM AQUA Zumba™ - Kathleen 5:30 PM **BODYATTACK™ - Chris 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine	5:30 AM BODYATTACK™ - Chris 9:30 AM ZUMBA™ - Jen 10:00 AM AQUA Intervals - Jeannine 10:30 AM *YOGA - Ashlev 11:30 AM MUSCLEWORKS - Pennv 11:45 AM AQUA Barre - Jen 11:45 AM *RPM™ CYCLE - Val 4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Rebecca 4:30 PM AQUA Strength & Stretch - Audra 5:30 PM *BODYBARRE - Gloria 5:30 PM *BODYATTACK™ - Laurie 6:30 PM **INSANITY™ - Robert	5:30 AM BODYPOWER - Winnie 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM Aqua Basic Circuits - Kathleen 10:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rachel 4:30 PM *BODYBARRE - Angela 4:30 PM TURBOKICK™ EXPRESS - Candice 5:00 PM BUTTS & GUTS - Candice 5:30 PM AQUA Boot Camp - Ashley C. 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan	5:30 AM *RPM™ CYCLE - Brittnv 8:00 AM AQUA Basic Boot Camp - Cordell 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Lita 11:45 AM *RPM™ CYCLE - Susan 4:30 PM BODYPOWER - Gloria 5:30 PM *POWER YOGA - Trent 5:30 PM ZUMBA™ - Jillion 5:30 PM **TAE KWON DO (ages 4-12) - Jeffrey 6:30 PM TAE KWON DO (age 13-adult) - Jeffrey	Saturday 8:30 AM *RPM™ CYCLE - Susan 9:00 AM *YOGA - Pam T. 9:30 AM **TRX™ Tabata Training - Rachel 10:00 AM MUSCLEWORKS - Lita 10:00 AM *YOGA - Jade Sunday 1:30 PM ZUMBA™ - Jen 1:30 PM BODYATTACK™ - Rachel 1:30 PM ** BOOT CAMP - Val
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Brittnv 9:30 AM *YOGABURN - Laurie 10:00 AM AQUA Strength & Stretch - Jeannine 10:30 AM *GENTLE YOGA - Ashlev 11:30 AM MUSCLEWORKS - Rebecca 11:30 AM AQUA Boot Camp - Cordell 4:30 PM **TRX™ Interval Training - Rachel 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Cathv 5:30 PM AQUA HIIT Training - Laurie 5:30 PM **ZUMBA™ - Candace 5:30 PM BODYPOWER - Gloria 5:30 PM *RPM™ CYCLE - Susan 6:30 PM **INSANITY™ - Robert 6:30 PM *GENTLE YOGA - Jade 7:00 PM **TAE KWON DO (age 13-adult) - Jeffrey	5:30 AM BODYPOWER - Rachel 5:30 AM Stroke Work/Conditioning - Gayle 8:00 AM Aqua Basic Circuits - Kathleen 9:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Winnie 12:00 PM *PILATES - Andrea 4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Susan 5:30 PM AQUA Zumba™ - Kathleen 5:30 PM **BODYATTACK™ - Chris 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine	5:30 AM STEPJAM - Katrina 9:30 AM ZUMBA™ - Jen 10:00 AM AQUA Intervals - Jeannine 10:30 AM *YOGA - Ashlev 11:30 AM MUSCLEWORKS - Pennv 11:45 AM AQUA Barre - Jen 11:45 AM *RPM™ CYCLE - Val 4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Rebecca 4:30 PM AQUA Strength & Stretch - Audra 5:30 PM *BODYBARRE - Jenny 5:30 PM BODYPOWER - Laurie 6:30 PM **BODYATTACK EXPRESS™ - Katrina	5:30 AM BODYPOWER - Winnie 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM Aqua Basic Circuits - Kathleen 10:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rachel 4:30 PM *BODYBARRE - Angela 4:30 PM TURBOKICK™ EXPRESS - Sunshine 5:00 PM BUTTS & GUTS - Sunshine 5:30 PM AQUA Boot Camp - Ashley C. 5:30 PM **BODYATTACK™ - Rachel 5:30 PM *RPM™ CYCLE - Susan	5:30 AM *RPM™ CYCLE - Brittnv 8:00 AM AQUA Basic Boot Camp - Cordell 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Pennv 11:45 AM *CYCLE - Pennv 4:30 PM BODYPOWER - Chris 5:30 PM *POWER YOGA - Pam T. 5:30 PM ZUMBA™ - Michelle 5:30 PM **TAE KWON DO (ages 4-12) - Jeffrey 6:30 PM TAE KWON DO (age 13-adult) - Jeffrey	Saturday 8:30 AM *RPM™ CYCLE - Caitlin 9:00 AM BODYATTACK™ - Rachel 9:30 AM **TRX™ Tabata Training - Brian 10:00 AM MUSCLEWORKS - Pennv 10:00 AM *YOGA - Pam T. Sunday No classes today. Happy Mother's Day!
5:30 AM **TRX BOOT CAMP™ - Brian 5:30 AM *RPM™ CYCLE - Caitlin 9:30 AM *YOGABURN - Laurie 10:00 AM AQUA Strength & Stretch - Jeannine 10:30 AM *GENTLE YOGA - Ashlev 11:30 AM MUSCLEWORKS - Pennv 11:30 AM AQUA Boot Camp - Cordell 4:30 PM **TRX™ Interval Training - Rachel 4:30 PM STEPJAM - Gloria 4:30 PM *BODYBARRE - Cathv 5:30 PM AQUA HIIT Training - Laurie 5:30 PM **ZUMBA™ - Candace 5:30 PM BODYPOWER - Gloria 5:30 PM *RPM™ CYCLE - Susan 6:30 PM **INSANITY™ - Robert 6:30 PM *GENTLE YOGA - Jade 7:00 PM **TAE KWON DO (age 13-adult) - Jeffrey	5:30 AM BODYPOWER - Chris 5:30 AM Stroke Work/Conditioning - Gayle 8:00 AM Aqua Basic Circuits - Kathleen 9:00 AM AQUA Zumba™ - Kathleen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Winnie 12:00 PM *PILATES - Andrea 4:30 PM *YOGABURN - Laurie 4:30 PM MUSCLEWORKS - Susan 5:30 PM AQUA Zumba™ - Kathleen 5:30 PM **BODYATTACK™ - Chris 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine	5:30 AM BODYATTACK™ - Katrina 9:30 AM ZUMBA™ - Jen 10:00 AM AQUA Intervals - Jeannine 10:30 AM *YOGA - Ashlev 11:30 AM MUSCLEWORKS - Pennv 11:45 AM AQUA Barre - Jenny 11:45 AM *RPM™ CYCLE - Val 4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Rebecca 4:30 PM AQUA Strength & Stretch - Audra 5:30 PM *BODYBARRE - Gloria 5:30 PM BODYPOWER - Laurie 6:30 PM **INSANITY™ - Robert	5:30 AM BODYPOWER - Winnie 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM Aqua Basic Circuits - Kathleen 10:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rachel 4:30 PM *BODYBARRE - Angela 4:30 PM TURBOKICK™ EXPRESS - Candice 5:00 PM BUTTS & GUTS - Candice 5:30 PM AQUA Boot Camp - Ashley C. 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan	5:30 AM *RPM™ CYCLE - Caitlin 8:00 AM AQUA Basic Boot Camp - Cordell 9:30 AM STEP JAM - Laurie 10:30 AM MUSCLEWORKS - Pennv 11:45 AM *CYCLE - Pennv 4:30 PM BODYPOWER - Gloria 5:30 PM *POWER YOGA - Trent 5:30 PM ZUMBA™ - Michelle 5:30 PM **TAE KWON DO (ages 4-12) - Jeffrey 6:30 PM TAE KWON DO (age 13-adult) - Jeffrey	Saturday 8:30 AM *RPM™ CYCLE - Brittnv 9:00 AM *YOGA - Pam T. 9:30 AM **TRX™ Tabata Training - Rachel 10:00 AM MUSCLEWORKS - Susan 10:00 AM *YOGA - Trent Sunday 1:30 PM BODYATTACK™ - Rachel 1:30 PM *YOGA - Pam T. 1:30 PM ** BOOT CAMP - Caitlin
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Happy Memorial Day! UFC will be open 8am to 12pm	5:30 AM BODYPOWER - Winnie 5:30 AM Stroke Work/Conditioning - Gayle 8:00 AM Aqua Basic Circuits - Kathleen 9:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Brian 11:30 AM BODYPOWER - Laurie 12:00 PM *PILATES - Andrea 4:30 PM *YOGABURN - Jen 4:30 PM MUSCLEWORKS - Susan 5:30 PM AQUA Zumba™ - Kathleen 5:30 PM **BODYATTACK™ - Gloria 5:30 PM *STRONG by ZUMBA™ - Jen&Candace 5:30 PM TURBOKICK™ - Sunshine 6:30 PM BUTTS & GUTS - Sunshine	5:30 AM BODYATTACK™ - Katrina 9:30 AM ZUMBA™ - Jen 10:00 AM AQUA Intervals - Jeannine 10:30 AM *YOGA - Cathy 11:30 AM MUSCLEWORKS - Pennv 11:45 AM AQUA Barre - Jenny 11:45 AM *RPM™ CYCLE - Lela 4:30 PM *TAE KWON DO (ages 4-12) - Jeffrey 4:30 PM PILOXING™ - Tasha 4:30 PM **TRX BOOT CAMP™ - Rebecca 4:30 PM AQUA Strength & Stretch - Audra 5:30 PM *BODYBARRE - Gloria 5:30 PM BODYPOWER - Laurie 6:30 PM **INSANITY™ - Robert	5:30 AM BODYPOWER - Chris 5:30 AM Stroke Work/Conditioning - Gayle 9:00 AM Aqua Basic Circuits - Kathleen 10:00 AM AQUA Zumba™ - Jen 11:30 AM **BOOT CAMP - Val 11:30 AM BODYPOWER - Rachel 4:30 PM *BODYBARRE - Angela 4:30 PM TURBOKICK™ EXPRESS - Candice 5:00 PM BUTTS & GUTS - Candice 5:30 PM AQUA Boot Camp - Cordell 5:30 PM BODYATTACK™ - Gloria 5:30 PM *RPM™ CYCLE - Susan	5:30 AM *RPM™ CYCLE - Lela 8:00 AM AQUA Basic Boot Camp - Cordell 9:30 AM STEP JAM - Gloria 10:30 AM MUSCLEWORKS - Lita 11:45 AM *RPM™ CYCLE - Lela 4:30 PM BODYPOWER - Gloria 5:30 PM *POWER YOGA - Trent 5:30 PM ZUMBA™ - Michelle 5:30 PM **TAE KWON DO (ages 4-12) - Jeffrey 6:30 PM TAE KWON DO (age 13-adult) - Jeffrey	Sunday 1:30 PM STEPJAM - Gloria 1:30 PM *YOGA - Jade 1:30 PM ** BOOT CAMP - Brian