

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
TRX Total Body *		AXLE Workout		TRX Total Body *		ROCKET FUEL - NEW!		TRX Total Body *		Vinyasa Yoga		The KILNI			
7:00-8:00AM	B	6:45-7:45AM	A	7:00-8:00AM	B	7:00-7:45AM	A	7:00-8:00AM	B	9:00-10:00AM	A	9:00-10:00AM	A		
Jaime Bartholoma		Isaac Lacey		Jaime Bartholoma		Dorian Cervantes		Jaime Bartholoma		Michael McArdle		Andrea Schpok			
Yoga Charged		PURE Cycle *		Vinyasa Open		Pilates w/ Props		Yoga Charged		Cycle Therapy *		Zumba			
7:00-8:00AM	A	7:00-7:45PM	B	7:00-8:00AM	A	9:00-10:00AM	A	7:00-8:00AM	A	10:00-11:00AM	B	10:00-11:00AM	A		
Troy Robert		Jaime Bartholoma		Paul Thompson		Pam Wagner		Troy Robert		Craig Hunter		Go Katol			
Core Fusion		CORE & RESTORE		Pilates Strength		BUTI Yoga		TRED™		Power Sculpt		The Ride - NEW!			
8:00-9:00AM	A	8:00-9:00AM	A	8:00-9:00AM	A	10:00-11:00AM	A	7:00-8:00AM	Cardio Area	10:00-10:45AM	A	10:00-10:45AM	B		
Troy Robert		Kathryn Tosh		Kayla Prestel		Vanessa Dunleavy		Orly Malin		Kimber Domke		Shaun Yossowitz			
Zumba		CoreConnect		ZUMBA		Body Barre		BootCamp Yoga		AXLE Core! - NEW!		Vinyasa Open			
9:00-10:00AM	A	9:15-10:00AM	A	9:00-10:00AM	A	11:00-12:00PM	A	8:00-9:00AM	B	10:45-11:30AM	A	11:00-12:15PM	A		
Josip Fabian		Leslie Howitt		Go Katol		Kimber Domke		Troy Robert		Kimber Domke		Cristina Tarantola			
TRED™		SHREDD 45		Meditation		Core Fusion		The AXLE Workout*		Extended Flow		BOXHIIT *			
9:00-10:00AM	Cardio Area	10:00-10:45AM	A	9:00-10:00AM	B	12:30-1:30PM	A	8:00-9:00AM	A	11:30-1:00PM	A	11:30-12:30PM	B		
Egon O'Gun		Dorian Cervantes		Carla Ashton		Troy Robert		Isaac Lacey		Lisa Landphair		Marisol Romero			
Power Sculpt		FIGHT CLUB*		Rolling Grace		Vinyasa Yoga		Meditation				Pilates MAT			
10:00-11:00AM	A	12:00-12:45PM	B	10:00-10:45AM	A	6:30-7:30PM	A	9:00-10:00AM	A			12:30-1:30PM	A		
Leslie Howitt		Thomas the Boxer		Michael McArdle		Cristina Tarantola		Carla Ashton				Maeve McEwen			
Mid Day Recharge		BARRECore		Zen Strength		BOXHIIT *		Cardio Sculpt				Gentle Yoga			
12:30-1:30PM	A	6:00-6:30PM	A	10:45-11:30AM	A	6:30-7:30PM	B	10:00-11:00AM	A			3:00-4:00PM	A		
Lisa Landphair		Kimber Domke		Michael McArdle		Marisol Romero		Jose Ozuna				Deborah Quilter			
Chisel		Body Barre		JUMP into my HOUSE		AXLE BURN		Pilates Basics							
6:00-6:30PM	A	6:30-7:30PM	A	12:15-1:00PM	B	7:30-8:15PM	A	11:00-12:00PM	B						
Casey Rogers		Kimber Domke		Luis Cornier		Casey Rogers		Pam Wagner							
Scorched		POP Cycle *		Mid Day Recharge				SPINYASA - NEW!							
6:30-7:15PM	A	6:45-7:30PM	B	12:30-1:30PM	A			5:30PM-6:15PM	B						
Casey Rogers		Michael Pollack		Lisa Landphair				Casey Rogers							
PURE Cycle *		Vinyasa Open		Smart Stretch						Pilates Reformer Group Classes: \$40/Class *Reservations Required* Scheduling @ Front Desk					
6:30-7:15PM	B	7:30-8:45PM	A	5:30-6:30PM	A										
Jaime Bartholoma		Angela Hubbs		Kathryn Tosh											
Rolling Grace				Pilates Mat											
7:15-8:00PM	A			6:30-7:30PM	A										
Michael McArdle				Maria Armand											
FIGHT CLUB*				Cycle Therapy *											
7:30-8:30PM	B			7:00-7:45PM	B										
Thomas the Boxer				Craig Hunter											
				The AXLE Workout*											
				7:30-8:30PM	A										
				Lauren Bustos											

* Sign Up Required