

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Zumba® Fitness Studio	Center Cycling Cycling Studio Yoga Sculpt Wellness Studio	Zumba® Fitness Studio	Center Cycling Cycling Studio Hot Yoga Wellness Studio		
7:00 AM	Tai Chih (Sept.11) Wellness Studio		Tai Chih (Sept.13) Wellness Studio			
8:30 AM	Center Cycling Cycling Studio	Cardio Blast Fitness Studio	PUMPED Fitness Studio	Cardio Blast Fitness Studio	Center Cycling Cycling Studio Cardio Barre Fitness Studio	
9:00 AM	Yoga Flow Wellness Studio		Yoga Flow Wellness Studio		Intermediate Yoga Wellness Studio	HIIT Fitness Studio
9:45 AM	 Yoga Fitness Studio	PiYo™ Fitness Studio	 Yoga Fitness Studio	PiYo™ Fitness Studio		
10:15 AM	Beginner Yoga Wellness Studio		Beginner Yoga Wellness Studio			
10:30 AM	Muscle Works Fitness Studio		Muscle Works Fitness Studio		Muscle Works Fitness Studio	
10:40 AM		 Classic Fitness Studio		 Classic Fitness Studio		
11:05 AM	Moving & Groov'n Fitness Studio		Roll, Relax, & Breathe (Oct.11) Wellness Studio Moving & Groov'n Fitness Studio		Roll, Relax, & Breathe (Oct.13) Wellness Studio  Yoga Fitness Studio	
12:00 PM	Power Yoga Wellness Studio HIIT 30 Fieldhouse	Zumba® Ballroom HIIT 30 Fitness Studio	Pedal & Power Cycling Studio Let Go and Flow Wellness Studio	Zumba® Ballroom	HIIT 30 Fitness Studio Brogia (Nov.3) Wellness Studio	
4:30 PM	POUND Fitness Studio		PUMPED Fitness Studio		<p style="text-align: center;">ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE</p> <p style="text-align: center;">Ages 12 and up welcome in classes (Ages 12-15 welcome in class with a parent)</p> <p style="text-align: center;">Classes on the schedule are free with a Premier Plus or Short Term Membership, Silver Sneaker®, Silver&Fit®, or Day Pass.</p> <p style="text-align: center;">\$3 per class for Premier Members & MState Students.</p>	
5:00 PM		All in One Fitness Studio				
5:30 PM	PUMPED Fitness Studio		HIIT 30 Fitness Studio	Club Booty Fitness Studio		
6:00 PM		Cardio Barre Fitness Studio				
7:00 PM			Vinyasa Yoga Wellness Studio			

