








	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:15AM				NEW!!!! Insanity® Fitness Studio				
6:00 AM	Zumba® Fitness Studio	Center Cycling Cycling Studio	Zumba® Fitness Studio	Center Cycling Cycling Studio	Zumba® Fitness Studio			
7:00AM			Tai Chih Wellness Studio					
7:30AM	Tai Chih Wellness Studio							
8:30 AM	Center Cycling Cycling Studio	Cardio Blast Fitness Studio	PUMPED Fitness Studio	NEW! Body Fusion Fitness Studio	Cardio Barre Fitness Studio	HIIT Fitness Studio		
	PUMPED Fitness Studio			Hot Yoga Flow Wellness Studio	Center Cycling Cycling Studio	Ride the Beat Cycling Studio		
9:00 AM	Yoga Flow Wellness Studio	NEW! Little Yogi's Wellness Studio	Yoga Flow Wellness Studio		Yoga Flow Wellness Studio			
9:30AM				Tai Chih Wellness Studio	XABeat Lite Fitness Studio	XABeat Fitness Studio		
9:45 AM	 Yoga Fitness Studio	Transform Fitness Studio	 Yoga Fitness Studio	Transform 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	 NEW! BOOM Move Fitness Studio		Roll & Relax Wellness Studio		Roll & Relax Wellness Studio			
			 NEW! BOOM Move Fitness Studio		 Yoga Fitness Studio			
12:00 PM	HIIT 30 Fitness Studio	Zumba® Ballroom	Pedal & Power Cycling Studio	Zumba® Ballroom	HIIT 30 Fitness Studio			
		Power Yoga Wellness Studio	Stress Relief Yoga Wellness Studio		Broga Wellness Studio			
4:30 PM	NEW! Insanity® Fitness Studio		HIIT 30 Fitness Studio					
5:30 PM	PUMPED Fitness Studio	Zumba® Fitness Studio	PUMPED Fitness Studio	NEW! SPORT Fitness Studio	ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE Ages 12 & up welcome in classes (Ages 12-14 welcome with parent) Classes on the schedule are free with a Premier Plus, Short Term, Silver Sneaker, Silver & Fit, or Day Pass. \$3 per class for Premier Members and MState Students			
		Hot Yoga Wellness Studio						
		NEW! Ride the Beat Cycling Studio						
6:30 PM	Vinyasa Yoga Wellness Studio							
7:00 PM			Vinyasa Yoga Wellness Studio					