

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|---------------------------------|--|---|---|---|----------------------------|
| | | 5:30-6:00 C/T ----- 6:15-7 Gentle | | 5:30-6:00 ----- 6:15-7 | | |
| 6:am | 6-7 Spin Deb | 6:15-7 Spin Karla | 6-7 Spin Deb | 6:15-7 Spin Karla | 6-7 Spin Deb | |
| 7:30 | 7:30-8:30 Tai Chi Kevin | 7:30-8:30 Tai Chi Kevin | 7:30-8:30 Tai Chi Kevin | 7:30-8:30 Tai Chi Kevin | 7:30-8:30 Tai Chi Kevin | |
| 8:am | 7:30-8:30 C/T Tammie | | 7:30-8:30 C/T Tammie | | 7:30-8:30 C/T Tammie | |
| 8:30 | Spin8:30- 9:15 Theresa | 8:30-9:15 Spin ----- 8:30-9:30 Piloga- | Spin8:30-9:15 ----- 8:30-9:15 Zumba Elli | 8:30-9:15 ----- Dana ----- 8:30-9:30 Piloga- | Spin8:30-9:15 ----- 8:30-9:15 Zumba Elli | 8:30-9:30 Spin |
| 9:am | 9-10 Tai Chi Kevin | 9-10 Cardio Circuit Kevin | 9-10 Tai Chi Kevin | 9-10 Cardio Circuit Kevin | 9-10 Tai Chi Kevin | |
| | 9:15-10 Step Tami | | 9:15-10 Step Tami | | 9:15-10 Step Tami | |
| 9:15 | 9:15-10:15 Yoga Theresa | 9:15-10:15 Bod-A- Pump Theresa | | 9:15-10:15 Bod-A-Pump Dana | | 9:30-11 Tai Chi Michael |
| 10:15 | 10:15-11 Mat Pilates Jami | 10:15-11 Zumba Gold Maressa | 10:15-11 Mat Pilates Jami | 10:15-11 Zumba Gold Maressa | 10:15-11 Mat Pilates Jami | |
| 10:20 | 10:30-11:30 Tai Chi ----- | 10:20-11:05 Yoga Theresa | 10:30-11:30 Tai Chi | 10:20-11:05 Yoga Theresa | 10:30-11:30 Tai Chi | |
| 10:30 | | 10:30-11:30 Kick Boxing Kevin | | 10:30-11:30 Kick Boxing Kevin | | |
| | | 11:10-12:10 Gentle Moving Maressa | | 11:10-12:10 Gentle Moving Maressa | | 11-12:15 Michael |

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| 12:15 | 12:15-12:45 Spin Tammie | 12:15-12:45 Spin Jami | 12:15-12:45 Spin Tammie | Maressa 12:15-12:45 Spin Tami | 12:15-12:45 Spin Kevin | |
| | 12:15-12:45 My gym Kevin | 12:15-12:45 Body Sculpt Troy | 12:15-12:45 Body Sculpt Troy | 12:15-12:45 Body Sculpt Troy | 12:15-12:45 Belly Buster Maressa | |
| 5:30pm | 5:30-6 Butts & Guts Tonya | 5:30-6:30 Zumba Ellie | 5:30-6 Butts & Guts Tonya | 5:30-6:30 Zumba Ellie | 5:30-6:15 Spin Roxane | |
| | 5:30-6:00 Spin Roxane | 5:30-6:45 Yoga Mike | 5:30-6:00 Spin Roxane | 5:30-6:45 Yoga Mike | | |
| | 5:30-6:30 C/T Tammie | 5:30-6:15 Spin Roxane | 5:30-6:30 C/T Tammie | 5:30-6:15 Spin Dana | | |
| | 5:30-6:30 Tai Chi Mike | 5:30-6:15 Kettle Bell Ed | 6:10-6:40 Spin Roxane | 5:30-6:15 Kettle Bell | | |
| 6:15 | 6:10-6:40 Spin Roxane | 6:30-7:30 Tone Up Maressa | 6:15-7:00 CrossFit Dale | 6:30-7:30 Kickboxing | | |
| | 6:15-7:00 CrossFit Dale | | | | | |