

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<p>Rise'n Shine Triple Training 9:10 - 10:10</p> <p>Fit to Defend 10:15 - 11:15</p> <p>Moving with Awareness 11:00 - 12:00</p>	<p>Healthy Bones 9:30 - 10:45</p> <p>Healing Yoga Level 1 & 2 10:45 - 12 :00</p>	<p>Cardio Mix 9:05 - 10:05</p> <p>Fit to Defend 10:15 - 11:15</p> <p>Stroller Boot Camp 9:30 - 10:30</p>	<p>Interval Training 7:30 - 8:30</p>		<p>Saturday Body Sculpt 9:15 - 10:15</p> <p>Yogalates 10:30 - 11:30</p>
LUNCH		<p>Lunch Fit Fix 12:30 - 1:15</p>	<p>Lunch Fit Fix 12:30 - 1:15</p>			
AFTERNOON	<p>Stroller Fit 1:15 - 2:15</p> <p>Gentle Fit 1:15 - 2:15</p> <p>Nia 1:30-2:30</p> <p>Belly Dance Fit 2:30 - 3:30</p> <p>Tai Chi Level 2 2:45 - 3:45</p> <p>Tai Chi Intro 4:00 - 5:00</p>	<p>Ballet Boot Camp 1:30 - 2:30</p> <p>Pilardio 2:10 - 3:10</p> <p>Yn Yoga 4:45 - 6:00</p>	<p>Bouncing Back with Baby 1:30 - 2:45</p>	<p>Pilardio 1:00 - 2:00</p> <p>Belly Dance Fit 1:15 - 2:15</p> <p>Nia 2:20 - 3:20</p> <p>Healing Yoga Level 1 2:30 - 3:45</p> <p>Healing Yoga Level 2 5:15 - 6:30</p>	<p>Gentle Fit 12:15 - 1:15</p> <p>Mom & Baby Yoga 12:45 - 1:45</p> <p>Healthy Bones 1:30 - 2:45</p> <p>Yoga 1 2:00 - 3:00</p>	
EVENING	<p>Prenatal Yoga 6:30 -7:30</p> <p>Triple Training 6:30 - 7:30</p> <p>Yoga 1 7:45 - 8:45</p> <p>Stretch & Strength 7:45 - 8:45</p>	<p>Yoga 2 6:30 - 7:45</p> <p>Cardio Blast 6:30 - 7:45</p> <p>Restorative Yoga 7:50 - 9:10</p> <p>Yogalates 8:00 - 9:00</p>		<p>Prenatal Belly Dance 6:45 - 8:45</p> <p>Boot Camp 6:30 - 7:30</p> <p>Body Sculpting 7:45 - 8:45</p> <p>Zumba! 8:15 - 9:15</p>		