

X C O O T D O O T B

Fall 2017 Schedule
Aug 16 thru Nov 29

Passes required for:
Amped, Barre, Cycle, &
Kickboxing

Passes are distributed
15 minutes before
scheduled class time



	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 am	SUNRISE CYCLE Casey	SUNRISE CYCLE Tommy	SUNRISE CYCLE Casey	SUNRISE CYCLE Abigail	6:00-6:45 am CYCLE w/ Carly
6:30-7:30 am	YOGA I Maddie		YOGA I Maddie		7:00-8:00 am YOGA II w/ Taylor
7:00-7:30 am	CYCLE EXPRESS Lauren	CYCLE EXPRESS Kari	CYCLE EXPRESS Lauren	CYCLE EXPRESS Kari	12:00-1:00 pm POWER SURGE w/ Holly
8:15-9:00 am	TOTAL STRENGTH Alana	INSANITY Knight	TOTAL STRENGTH Julie	INSANITY Knight	
12:00-12:45 pm	CYCLE Kari	CYCLE Alana		CYCLE Julie	
12:00-1:00 pm	POWER SURGE Holly	YOGA II Taylor	STEP & SCULPT Julie		
12:45-1:30 pm				POWER YOGA Holly	
4:00-4:30 pm	CYCLE EXPRESS Bricka		CYCLE EXPRESS Bricka		5:00-5:45 pm CYCLE w/ Carly
4:30-5:00 pm	HIIT Miller	ARMS & ABS Julie	HIIT Miller	GUTS & GLUTES Alana	
5:15-6:00 pm	BARRE Victoria	INSANITY Katie	BARRE Victoria	INSANITY Katie	5:15-6:00 pm ZUMBA w/ Claudia
5:15-6:15 pm		KICKBOXING* Taylor		KICKBOXING* Taylor	
5:30-6:15 pm		CYCLE Ana		CYCLE Carly	
6:15-7:00 pm		ZUMBA Joy		ZUMBA Joy	
6:15-7:15 pm	YOGA II Maddie				
7:00-7:30 pm	CYCLE EXPRESS Abigail	CYCLE EXPRESS Abigail	CYCLE EXPRESS Carly P		
7:00-8:00 pm	KICKBOXING* Catherine		KICKBOXING* Catherine		
7:15-8:00 pm		BARRE Anna		BARRE Anna	
7:30-8:15 pm	ZUMBA Claudia		HIP HOP Casey		

Sunday

- 4:00-5:00 pm
YOGA w/ Kate
- 5:00-5:45 pm
CYCLE w/ Carly
- 5:15-6:00 pm
ZUMBA w/ Claudia

*Kickboxing will be held in The Box, located across from the rock wall

