

# Winter Class Schedule

Effective January 1st, 2017

Time	Class	Trainer	Room	Duration
<b>Monday</b>				
6:00 - 6:45 AM	Butts & Gutts	Malini	Riot Room	45 min
9:00 - 9:45 AM	Body Sculpt	Mike	Riot Room	45 min
9:45 - 10:00 AM	Power Plate Recovery	Mike	Shake It Room	15 min.
12:00 - 12:45 PM	Kickboxing	Mike	Riot Room	45 min
4:00 - 4:45 PM	Zumba	Stephanie	Riot Room	45 min
4:00 - 4:45 PM	Tabata	Sharon	Warrior Room	45 min
4:45 - 5:15 PM	Power Plate	Craig	Shake It Room	30 min
5:00 - 5:45 PM	Pilates Mat	Ellene	Pilates Room	45 min
5:30 - 6:15 PM	Pumped	Susan	Warrior Room	45 min
5:30 - 6:15 PM	Kidz Kraze	Stephanie	Riot Room	45 min
6:30 - 7:30 PM	Yoga	Jeanine	Riot Room	1 hour

<b>Tuesday</b>				
6:00 - 6:45 AM	Step Up	Malini	Riot Room	45 min
9:00 - 9:45 AM	Bokwa	Stephanie	Riot Room	45 min
9:00 - 9:45 AM	Pilates Mat	Ellene	Pilates Room	45 min
12:00 - 12:45 PM	Tabata	Susan	Warrior Room	45 min
4:00 - 4:45 PM	Cycle Burn	Sharon	Riot Room	45 min
4:15 - 5:00 PM	Tabata	Mike	Warrior Room	45 min
4:45 - 5:00 PM	Power Plate Recovery	Craig	Shake It Room	15 min.
5:00 - 6:00 PM	Kickboxing	Mike	Riot Room	1 hour
6:15 - 7:00 PM	Gladiator Challenge 2.0	Mike	Riot Room	45 min

<b>Wednesday</b>				
6:00 - 6:45 AM	TRX	Craig	Riot Room	45 min
9:00 - 9:45 AM	Body Sculpt	Mike	Riot Room	45 min
9:45 - 10:00 AM	Power Plate Recovery	Mike	Shake It Room	15 min.
12:00 - 12:45 PM	Explosive Training	Mike	Riot Room	45 min
12:45 - 1:00 PM	Power Plate Recovery	Mike	Shake It Room	15 min.
4:15 - 5:00 PM	Adventure Barre	Malini	Riot Room	45 min
5:00 - 5:30 PM	30 Minute Core	Malini	Riot Room	30 min.
5:30 - 6:15 PM	Pumped	Craig	Warrior Room	45 min
5:30 - 6:15 PM	Kid Kraze	Susan	Riot Room	45 min
6:15 - 6:30 PM	Power Plate Recovery	Craig	Shake It Room	15 min.

<b>Thursday</b>				
6:00 - 6:30 AM	Power Plate	Craig	Shake It Room	30 min
9:00 - 9:45 AM	Zumba Toning	Stephanie	Riot Room	45 min
9:00 - 9:45 AM	Pilates Mat	Ellene	Pilates Room	45 min
12:00 - 1:00 PM	Yoga	Jeanine	Riot Room	1 hour
12:00 - 12:45 PM	Interval Cardio	Susuan	Endurance Room	45 min
4:00 - 4:45 PM	Yoga	Chuna	Riot Room	45 min
4:15 - 5:00 PM	Explosive Training	Mike	Warrior Room	45 min
5:00 - 5:45 PM	Interval Cardio	Craig	Warrior Room	45 min
6:00 - 7:00 PM	Kickboxing	Mike	Riot Room	1 hour

<b>Friday</b>				
6:00 - 6:45 AM	Total Body 360	Craig	Riot Room	45 min
9:00 - 9:45 AM	Body Sculpt	Susan	Riot Room	45 min
4:00 - 4:45 PM	Tabata	Susan	Warrior Room	45 min
4:00 - 4:45 PM	Zumba	Stephanie	Riot Room	45 min
5:00 - 5:45 PM	Circuit Training	Sharon	Warrior Room	45 min
5:00 - 5:45 PM	Kidz Ninja'z	Aaron	Riot Room	45 min

<b>Saturday</b>				
8:00 - 8:45 AM	Tabata	Mike	Warrior Room	45 min
9:00 - 9:45 AM	Running Clinic	Craig	Outside	1 hour
9:00 - 9:45 AM	Kickboxing	Mike	Riot Room	1 hour
10:00 - 11:00 AM	Nordic Walk	Susan	Outside	1 hour
10:15 - 11:15 AM	Yoga	Jeanine	Riot Room	1 hour