



225 HOEL AVE, STOUGHTON #608-205-2739 *Schedule starts 1/13/20

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
5:15 AM		Spinning (Jill M.) CARDIO		Spinning (Tracy) CARDIO			
5:30 AM	12 Pack (Patty) CARDIO/STRENGTH		Barbell Strength (Laura) STRENGTH/CORE	12 Pack (Patty) CARDIO/STRENGTH	Yoga/Pilates (Laura) FLEXIBILITY/CORE		
7:30 AM						Barbell Strength (Laura) STRENGTH/CORE	
7:45 AM							Mindful Yoga (Chris) FLEXIBILITY/ CORE *Class runs 1/26-3/1
8:00 AM							Spinning (Rotating) 45 min. CARDIO
8:15 AM	PiYo (Chris) FLEXIBILITY/CORE/ STRENGTH	Beachbody Intervals (Andrea K.) STRENGTH/CARDIO/ CORE	Spinning (Felicia/Kathi) CARDIO	Barre Fusion (Sarah) FLEXIBILITY/CORE/ CARDIO/STRENGTH	Strength Fusion (Jo) FLEXIBILITY/CORE/ STRENGTH		
8:30 AM			Turbokick (Andrea K.) CARDIO/CORE		TRX (Andrea K.) STRENGTH/CORE/ CARDIO	Insanity (Andrea K.) CARDIO/CORE/ STRENGTH	
9:00 AM							Yoga (Jo) FLEXIBILITY/ CORE
9:15 AM	Barbell Intervals (Andrea K.) STRENGTH/CARDIO/ CORE			20/20/20 (Megan) CARDIO/CORE/ STRENGTH		Barbell Strength (Laura) STRENGTH/CORE	
5:30 PM	Barbell Intervals (Trina) STRENGTH/CARDIO/ CORE	Beachbody Intervals (Andrea D.) STRENGTH/CARDIO/ CORE	Kickboxing (Liz/Trina) CARDIO/CORE				
5:45 PM				Barbell Sculpt (Susan) STRENGTH/CORE			
6:00 PM			Cycle 360 (Macy) 45 min. CARDIO/ STRENGTH				
6:30 PM	PiYo (Laura) FLEXIBILITY/CORE/ STRENGTH	Barre Fusion (Andrea D.) FLEXIBILITY/CORE/ CARDIO/STRENGTH *Class runs 1/21 - 2/25					

CHILD WATCH HOURS: Monday- Saturday: 8:00-11:00 AM & Monday- Thursday: 5:00-7:15 PM