



# CLASS SCHEDULE

*all classes are FREE to members!*

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM	<b>Barbells &amp; Kettlebells</b> Kelly 45 minutes	<b>*Spin</b> Jen 45 minutes	<b>Barbells &amp; Kettlebells</b> Kelly 45 minutes	<b>*Spin</b> Jen 45 minutes	<b>Barbells &amp; Kettlebells</b> Kelly 45 minutes		
12:15 PM	<b>Circuit Training</b> Kelly 30 minutes	<b>Yoga</b> Kim 30 minutes	<b>Circuit Training</b> Kelly 30 minutes	<b>Yoga</b> Kim 30 minutes			
2:00 PM							<b>Yoga</b> Kim 60 minutes
5:25 PM	<b>*Spin</b> Anya 45 minutes		<b>*Spin</b> Anya 45 minutes				
6:15 PM	<b>Yoga</b> Jessica 60 minutes		<b>Yoga</b> Jessica 60 minutes				

**\*Space is limited to the number of bikes available. Please use the Spivi App to reserve your bike.**

**FALL 2019**

Effective September 9, 2019