

2025 Fall Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15 AM - HIIT with Jocelyn	6:00 AM - Tabata with Jocelyn	8:00am - Abs&Assets With jocelyn	6:00 AM - Abs&Assets with Jocelyn	9:15:00 AM - Strength & Scultp with Jocelyn	8:30 AM - Spin30 + Core with Lisa	9:30 AM - Abs & Assets with jocelyn
	5:30 PM - Spin 45 With Lisa	5:30 PM - Pulse With Jocelyn	5:30 PM - Spin 45 with Lisa	5:30 PM - Spin 40 with Sandi		8:00 AM - Spin40 with Sandi	
	6:30 PM - Strength & Stretch with Nathalie	6:30 PM - Spin 50 with Sandi	6:15pm - Body & Sound with Ellen	6:15 PM - Total Strength with Kara		8:45 AM - Strength & Stretch with Sandi	
*** Please add this and update this to the class schedule section of the website	8:00 PM - Group Centergy with Tara			7:30 PM - Kickoff with nathalie		Saurday classes alternate between sandi and lisa throughout the month	