

All Classes ▾

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							Fitness OnDemand 5:00 am 8:00 pm OnDemand available daily with Open Studio
6:00 am							
7:00 am							
8:00 am							
9:00 am	Yoga 9:15 am 10:15 am	Zumba 9:15 am 10:15 am	Yoga 9:15 am 10:15 am	Zumba 9:15 am 10:15 am	Boot Camp 9:15 am 10:00 am	Boot Camp @ Klyde Warren Park 9:00 am 10:00 am	
10:00 am				Spin Class 10:30 am 11:15 am	Zumba 9:15 am 10:15 am		
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Yoga 5:00 pm 6:00 pm						
6:00 pm							
7:00 pm							