

## WINTER SCHEDULE

**Club Hours: Mon-Fri 4:00 am to 10:00pm, Sat and Sun 6:00am to 6:00pm**

**Play Care Hours: Mon-Thurs 8:30am to 12:00am, 4:00pm to 8:00pm**

**Fri 8:30am to 12:00am Sat 8:00am to 12:00am Sun 8:30am to 12:00am**

	<b>GROUP-X STUDIO</b>			<b>Sign up required for ARC,SPARC &amp; Cycle Classes</b>		
	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>CINEDROME</b>		
	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
M O N	9: 00 am	Group Kick	Christine	9:00 am	Club Arc	Rian
	10:00 am	Group Power	Kerri			
	4:30 pm	Group Blast	Christine	6:00 pm	AIF Cycle	Sherri
	5:30 pm	Group Power	Rian			
	6:30 pm	Group Kick	Kerri			
7:30 pm	Yoga	Kathy				
T U E S	5:30 am	Group Power	Jenn	9:00 am	SPARC	Kerri
	9:00 am	INSANITY	Karen			
	10:00	Yoga	Anne			
	5:00pm	Group Power	Sherri	6:30 pm	AIF Cycle	Christine
	6:00 pm	Group Groove	Rian			
7:00 pm	Pilates	Theresa				
W E D S	5:30 am	Group Blast	Jenn	9:00 am	Club Arc	Rian
	9:00 am	Group Kick	Kerri			
	10:00am	BARRE	Kerry	5:30 pm	ARC	Sherri
	4:30pm	INSANITY	Karen			
	5:30 pm	Group Blast	Christine			
	6:30pm	ZUMBA	Tracey			
7:30 pm	Yoga	Kathy				
T H U R S	9:00 am	Group Power	Christine	5:30am	AIF Cycle	Dan
				9:00 am	AIF Cycle	Karen
	6:00 pm	Group Kick	Kerri			
7:00pm	BARRE	Theresa				
F R I	5:30am	Group Power	Karen/Jenn	9:00 am	Club ARC	Kerri
	9:00 am	Group Blast	Karen			
	10:00am	BARRE	Kerry			
S A T	8:00 am	Group Kick	Christine	8:00am	Club ARC	Crystal
	9:00 am	Group Power	Kerri	9:00 am	AIF Cycle	Sherri
	10:00 am	Group Groove	Rian			
	11:00 am	Yoga	Kathy			
S U N	8:00 am	Group Power	Jenn	9:00 am	Cycling	Cindy/Crystal
	9:00 am	Group Blast	Karen			