

BREAKTHRU FITNESS
GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 SPIN <i>Betsy F.</i>	5:30 SPIN <i>Phil D.</i>		5:30 SPIN <i>Phil D.</i>	5:45 Sports CIRCUIT <i>Alex M.</i>		
6:15 GROUP XPOWER <i>Alex M.</i>	6:15 MATRIX <i>Sonia T.</i>	6:00 SPIN <i>Rick B.</i>	6:15 GROUP XPOWER <i>Betsy</i>	6:00 SPIN <i>Josef F.</i>		
	6:30 SPIN <i>Annette R.</i>		6:30 SPIN <i>Annette R.</i>		7:30 Endurance SPIN <i>Phil D. (75 min)</i>	
		8:20 PILATES <i>Michelle M.</i>		8:15 OPTIMUM BODY AND MIND <i>Loa (70 min)</i>	8:30 Core Works <i>Chris Z.</i>	8:30 Tai chi <i>Baldwin C.</i>
8:30 SPIN <i>Chris Z.</i>	8:20 CIRCUIT Moves <i>Chris Z.</i>	8:30 SPIN <i>Betsy F.</i>	8:20 GROUP XPOWER <i>Chris Z.</i>	8:30 SPIN <i>Noel P.</i>	9:00 SPIN <i>Chris Z.</i>	9:30 SPIN <i>Dana M.</i>
9:30 Quick Sculpt <i>Erin D. (45 min)</i>	9:30 SPIN <i>Michelle D.</i>	9:30 Quick Sculpt <i>Besty F. (45 min)</i>	9:30 SPIN <i>Suzanne T.</i>	9:30 CIRCUIT Moves <i>Michelle D.</i>	9:00 CARDIO STEP <i>Michelle D.</i>	9:30 ZUMBA <i>Augustine</i>
10:15 Stretch it Out <i>Erin D. (15 min)</i>	9:30 Yoga L 1/2 Anusara Inspired <i>Susan W.</i>	10:15 Stretch it Out <i>Betsy F. (15 min)</i>	9:30 Yoga L1/2 Anusara Inspired <i>Susan W.</i>		10:00 GROUP XPOWER <i>Michelle D.</i>	10:30 YOGA Flow L 2/3 <i>Barry (75 min)</i>
10:30 PILATES <i>Johnny M.</i>						
12:00 Vinyasa YOGA mixed levels <i>Rachel F. (75 min)</i>		12:00 Vinyasa YOGA mixed levels <i>Rachel F. (75 min)</i>		12:00 YOGA Flow L 2/3 <i>Hilary K.</i>	11:15 YOGA Basics L 1/2 <i>Hilary K. (60 min)</i>	
5:15 Vinyasa YOGA mixed levels <i>Rachel F. (70 min)</i>	5:30 GROUP XPOWER <i>Yalda S.</i>	5:30 BOOTCAMP <i>Gary L.</i>		5:30 SPIN <i>Eddie c.</i>		4:00 STEP BASICS <i>Jeffery S.</i>
5:30 SPIN <i>Noel P.</i>	5:30 SPIN <i>Carmine S.</i>	5:30 SPIN <i>Noel P.</i>	5:30 ZUMBA <i>Augustine</i>	6:00 Vinyasa YOGA mixed levels <i>Rachel F. (75 min)</i>		4:00 SPIN <i>Carmine S.</i>
6:30 CIRCUIT Moves <i>Michelle D.</i>	6:30 YOGA Flow L 2/3 <i>Hilary K. (60 min)</i>	6:30 Turbo Kick <i>Yalda S.</i>	5:30 SPIN <i>Pearl F.</i>			
6:30 SPIN <i>Michelle S.</i>	6:30 CLASSIC PILATES <i>hnnny M. (in the Pilates Studi</i>	6:30 SPIN (coached ride) <i>Steve M.</i>	6:30 GROUP XPOWER <i>Pearl F.</i>			
7:30 Hip Hop Dance <i>Norma P.</i>	7:30 ZUMBA <i>Augustine</i>	7:30 YOGA 4 ALL <i>Steve M.</i>	7:30 PILATES <i>Johnny M.</i>		New class, time or Instructor	Club Hours: Mon-Thur 5am- 10pm Fri- 5am-8pm Sat & Sun 7am-7pm