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Studio 1 (large studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m.  Shannon	5:45 a.m.  Stacy	5:45 a.m.  Stacy	5:45 a.m.  Shannon	5:45 a.m. PS  Stacy/Sandi		
9:30 a.m.  Rebecca	9:30 a.m.  Wendy/Brianne		9:30 a.m.  Shannon	9:30 a.m.  Darla	9:00 a.m.  Lee	9:00 a.m.  Rebecca
					10:00 a.m.  Darla	10:00 a.m.  Rebecca
5:30 p.m.  Corridawne	5:30 p.m.  Erin	5:30 p.m.  Lee	5:30 p.m.  Erin		11:00 a.m.  Krista	12:00 p.m. PS  Sandi/Zach
6:30 p.m.  Shannon	6:30 p.m.  Katherine	6:30 p.m.  Shannon	6:30 p.m.  Katherine	5:30 p.m.  Darla	12:00 p.m.  INTRO Stacy/Zach	
7:30 p.m. PS  Corridawne/ Alicia						

Studio 2 (small studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-5:45 a.m.  TRX Express Sandi	5:45 a.m.  Wendy		5:45 a.m. NEW  Wendy		
10:30 a.m.  Wendy	1:15 p.m.  Bernie	9:30 a.m.  Amy			9:00 a.m.  Tania	
	5:00 pm  Amy/Zach	10:35 a.m.  TRX Express Alicia	5:00 p.m.  TRX Express Alicia		12:00 p.m.  Katherine	2:00 p.m.  Sally
	6:30 p.m.  Brianne	6:00 p.m. NEW TIME  Sally	6:30pm  Wendy		1:15 p.m.  TRX BOOT CAMP Alicia	

Studio 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m. NEW  Stacy	5:45 a.m.  Sandi/Curtis		5:45 a.m. change  Sandi/Curtis		8:00 a.m.  Jacki	
	10:30 a.m.  Bernie		10:30 a.m.  Shannon	10:30 a.m.  Shannon	9:00 a.m.  Corridawne	11:00 a.m.  Sandi/Jacki
6:30 p.m.  Bernie	7:30 p.m.  Lee	6:30 p.m.  Rob	5:30 p.m.  Stacy			

Studio 4 –paid programming starts March 28, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 p.m. (1 hr) Multi-Level YOGA		6:15 p.m. (1 hr) Multi-Level YOGA	9:15 a.m. (1 hr) (1 hour) PILATES		9:30 a.m. (1.5 hr) Restorative YOGA	10:00 a.m. (1.5 hr) Advanced YOGA
7:30 p.m. (1 hr) (1 hour) PILATES			10:30 a.m. (1.5 hr) Restorative YOGA	5:00 p.m. (1 hr) (1 hour) Beginner YOGA	11:45 a.m. (1 hour) PILATES	