

The Workout Studio Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am							
7:00-8:00am			Running Class Sarah				
8:00-9:00am	Beg/Int Yoga Meaghan		Weight Training Laura 8:00-8:45		Beg/Int Yoga Meaghan		
9:00-10:00am		Spin, Abs Adriana	Yoga Holly (Starting 10/5)	Spin & Weights Cindy	Ski Conditioning Sarah 9:15-10:00am	Spin Mary	Spin 9:15
10:00-11:00am						*Boot Camp 101 Rob	
11:00-12:00pm							
12:00-1:00pm	Spin Sarah		Kickboxing Rob		Kickboxing Rob	Women on Weights Sarah	
1:00-3:00pm						*Self-Defense Kent	
4:00-5:00pm							
5:00-6:00pm	Spin with Mary 5:15-6:15pm	Ski Conditioning Sarah 5:15-6:00pm					
5:30-6:30pm	* Fitquest Rob 5:30-6:45pm			* Fitquest Rob 5:30-6:45pm			
6:00-7:00pm		Yoga Arpita	Circuit Training Sarah				

- Classes with an * next to them require an additional fee. All classes are first-come, first-serve.
- Have an idea for a class? Tell Rob, and if there's enough interest, he'll try to make it happen.