

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30							
7:00							
7:30							
8:00						Spinning Cycle Rob (Sept to April only)	
8:30							
9:00							
9:30	Spinning Cycle Rob		Spinning Cycle Rob				
10:00							
10:30						Stretching Register with Kat profitness21@gmail.com	Karate Register at www.capilanokarate.com
11:00				Senior Pilates Register with Deb			
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00	Power Flow Yoga Laurie	Karate Register at www.capilanokarate.com	Power Flow Yoga Laurie	Karate Register at www.capilanokarate.com			
18:30							
19:00							
19:30	Salsa Register at www.bravodancecompany.com			M-Power Bootcamp Register with Mehrdad at mehrhad@mpowerprofitness.com			
20:00							
20:30							
21:00			Hip Hop Register with Bruce Drop-ins \$10	Boxing Drop-in George			
21:30							