

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30							
7:00							
7:30							
8:00						<b>Spinning Cycle</b> Rob (Sept to April only)	
8:30							
9:00							
9:30	<b>Spinning Cycle</b> Rob		<b>Spinning Cycle</b> Rob			<b>Core &amp; More</b> Register with Jenny	
10:00							
10:30							<b>Karate</b> Register at <a href="http://www.capilanokarate.com">www.capilanokarate.com</a>
11:00							
11:30				<b>Senior Pilates</b> Register with Deb		<b>Stretching</b> Register with Kat <a href="mailto:profitness21@gmail.com">profitness21@gmail.com</a>	
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	<b>Power Flow Yoga</b> Laurie		<b>Power Flow Yoga</b> Laurie				
18:30							
19:00		<b>Karate</b> Register at <a href="http://www.capilanokarate.com">www.capilanokarate.com</a>		<b>Karate</b> Register at <a href="http://www.capilanokarate.com">www.capilanokarate.com</a>			
19:30							
20:00	<b>Salsa</b> Register at <a href="http://www.bravodancecompany.com">www.bravodancecompany.com</a>			<b>M-Power Bootcamp</b> Register with Mehrdad at <a href="mailto:mehrdad@mpowerproftiness.com">mehrdad@mpowerproftiness.com</a>			
20:30							
21:00							
21:30		<b>Hip Hop</b> Register with Bruce Drop-ins \$10	<b>Boxing Drop-in</b> George				