

	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			Core & More Register with Jenny			
10:00									
10:30							Karate Register at www.capilanokarate.com		
11:00		Pilates Register with Deb		Pilates Register with Deb		Stretching Register with Kat profitness21@gmail.com			
11:30									
12:00									
12:30									
13:00									
13:30									
14:00									
14:30									
15:00									
15:30									
16:00									
16:30									
17:00		Stretching Register with Kat profitness21@gmail.com							
17:30									
18:00	Power Flow Yoga Laurie		Power Flow Yoga Laurie						
18:30									
19:00		Karate Register at www.capilanokarate.com		Karate Register at www.capilanokarate.com			Boxing Drop-in George		
19:30									
20:00	Salsa Register at www.bravodancecompany.com			M-Power Bootcamp Register with Mehrdad at mehrddad@mpowerproftiness.com					
20:30									
21:00			Hip Hop Register with Bruce Drop-ins \$10		Boxing Drop-in George				
21:30									