

# SEATTLE CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	<u>Cycle (1)</u> Jon		<u>Cycle (1)</u> Jon		<u>Cycle (1)</u> Carl	
6:30 AM		Total Body <u>Conditioning (3)</u> Celeste		<u>Ultimate Kick Box (4)</u> Celeste		
7:00 AM	<u>Yoga Flow (2)</u> Emily		<u>Yoga Flow (2)</u> Emily			
10:00 AM						
11:00 AM	<u>Zumba (3)</u> Heather	<u>Pilates (2)</u> Elena	<u>Zumba (3)</u> Heather	<u>Pilates (2)</u> Elena		<u>Yoga Flow (2)</u> Annie
11:15 AM	Classical Pilates (2) Sara	Total Body <u>Conditioning (3)</u> Beverly	Classical Pilates (2) Sara	Total Body <u>Conditioning (3)</u> Beverly		
12:00 PM	<u>Turbo Kick Box (3)</u> Beverly	Total Body <u>Conditioning (3)</u> Beverly	<u>Turbo Kick Box (3)</u> Beverly	Total Body <u>Conditioning (3)</u> Beverly		
12:00 PM	<u>Cycle (1)</u> Tommy		<u>Cycle (1)</u> Kempton		<u>Cycle (1)</u> Aina	
12:15 PM	<u>NH Yoga Flow (2)</u> Elena	<u>Yoga Flow (2)</u> Emily	<u>Yoga Flow (2)</u> Emily	<u>Yoga Flow (2)</u> Elena	<u>NH Yoga Flow (2)</u> Elena	
1:00 PM	<u>Ultimate Kick Box (4)</u> April	<u>Ultimate Kick Box (4)</u> Lauren		<u>Ultimate Kick Box (4)</u> Lauren		
5:15 PM	<u>Turbo Kick Box (3)</u> Jessica	<u>Core Strength (3)</u> Taryn	<u>Zumba (3)</u> Heather	<u>HIIT IT (3)</u> Taryn		
5:30 PM	<u>Yoga Flow (2)</u> Stephanie		<u>Yoga Flow (2)</u> Stephanie			
5:45 PM		Total Body <u>Conditioning (3)</u> Taryn		Total Body <u>Conditioning (3)</u> Taryn		
5:45 PM	<u>Cycle (1)</u> PJ	<u>Yoga Flow (2)</u> Annie	<u>Cycle (1)</u> PJ	<u>Yoga Flow (2)</u> Annie		
6:00PM	<u>Core Strength (3)</u> Jessica					
6:00PM	<u>Ultimate Kick Box (4)</u> Erin		<u>Ultimate Kick Box (4)</u> Erin			

Cycle Studio (1)    Yoga Studio (2)    Aerobic Studio (3)    Kick Box Studio (4)  
**30 Minutes**      **45 Minutes**      **60 Minutes**      **75 Minutes**