

NORTH	MON	TUES	WED	THU	FRI	SAT	SUN
6:15 - 7:15am				Cycle & Core <i>Lesley</i>			
9:30 - 10:30am			Ripped /Chiseled <i>Britt</i>	Spin <i>Britt</i>	Ext. Ripped 1000 <i>Ali</i>	Step Extra <i>Ali</i>	Spin/ <i>Rachel</i>
12:05 - 12:55pm			Ripped Buffet <i>Britt</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped/Core <i>Lesley</i>	10:40 - 11:40 Ripped Buffet <i>Lesley</i>	9:30 - 10:30 Ripped with Love <i>Jari</i>
5:30 - 6:30pm			SPIN / STEP <i>Ali / Britt</i>	Ext. Ripped 1000 <i>Britt</i>			10:40 - 11:40 Ext. Ripped <i>Bonnie</i>
6:40 - 7:40pm			Ripped/Chiseled <i>Bonnie</i>				
7:50 - 8:50pm							
6:15 - 7:15am		Early spin <i>Michelle</i>		Cycle & Core <i>Lesley</i>			
9:30 - 10:30am	Ripped 1000 <i>Michelle</i>	TKO <i>Ron</i>	Ripped Slim/Lean <i>Ali</i>	Spin <i>Britt</i>	Ext. Ripped <i>Britt</i>	Step Extra <i>Kandi</i>	Spin/Rachel
12:05 - 12:55pm	Ripped /Chiseled <i>Lesley</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped/Core <i>Britt</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped Slim/Lean <i>Britt</i>	10:40 - 11:40 Ext. Ripped 1000 <i>Britt</i>	9:30 - 10:30 Ripped with Love <i>Jari</i>
5:30 - 6:30pm	NO Class <i>HOLIDAY</i>	Ext. Ripped 1000 <i>Laurie</i>	Spin <i>Ali</i>	Ripped/Core <i>Laurie</i>			10:40 - 11:40 Ripped/Core <i>Lesley</i>
6:40 - 7:40pm	NO CLASS <i>HOLIDAY</i>		Ripped /Chiseled <i>Britt</i>				
7:50 - 8:50pm	NO CLASS <i>HOLIDAY</i>						
6:15 - 7:15am		Early spin <i>Michelle</i>		Cycle & Core <i>Lesley</i>			
9:30 - 10:30am	Extremely Ripped 1000 <i>Michelle</i>	TKO <i>Ron</i>	Ripped /Core <i>Ali</i>	Spin <i>Britt</i>	Ripped Slim/Lean <i>Ivy</i>	Step Extra <i>Britt</i>	Spin /Rachel
12:05 - 12:55pm	Extremely Ripped <i>Lesley</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped/Chiseled <i>Britt</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped/Core <i>Ali</i>	10:40 - 11:40 Ext. Ripped <i>Britt</i>	9:30 - 10:30 Ripped with Love <i>Jari</i>
5:30 - 6:30pm	Spin <i>Lesley</i>	Ripped /Core <i>Laurie</i>	SPIN / STEP <i>Ali / Britt</i>	Ripped Buffet <i>Laurie</i>			10:40 - 11:40 Ripped/Chiseled <i>Bonnie</i>
6:40 - 7:40pm	Ripped 1000 <i>Britt</i>		Extremely Ripped <i>Bonnie</i>				
7:50 - 8:50pm	Yoga Flow <i>Kandi</i>						
6:15- 7:15am		Early spin <i>Michelle</i>		Cycle & Core <i>Lesley</i>			
9:30 - 10:30am	Ripped Buffet <i>Michelle</i>	TKO <i>Ron</i>	Ext, Ripped <i>Ali</i>	Spin <i>Britt</i>	Ripped/Chiseled <i>Ivy</i>	Step Extra <i>Kandi</i>	Spin/Rachel
12:05 - 12:55pm	Ripped/Core <i>Lesley</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped Buffet <i>Britt</i>	4:25-5:25 Ripped with Love <i>Jari</i>	Ripped Slim/Lean <i>Lesley</i>	10:40 - 11:40 Ripped/Core <i>Britt</i>	9:30 - 10:30 Ripped with Love <i>Jari</i>
5:30 -6:30pm	Spin <i>Lesley</i>	Ripped 1000 <i>Laurie</i>	Spin <i>Ali</i>	Ext. Ripped <i>Laurie</i>			10:40 - 11:40 Ripped Buffet <i>Lesley</i>
6:40 - 7:40pm	Ripped Slim/Lean <i>Britt</i>		Ripped 1000 <i>Britt</i>				
7:50- 8:50pm	Yoga Flow <i>Kandi</i>						
6:15 - 7:15am		Early spin <i>Michelle</i>		Cycle & Core <i>Lesley</i>			
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5:30 - 6:30pm	Spin <i>Lesley</i>	Ext. Ripped <i>Laurie</i>	SPIN / STEP <i>Ali / Britt</i>	Ripped Slim/Lean <i>Laurie</i>			
6:40 - 7:40pm	Ripped 1000 <i>Britt</i>		Ripped/Chiseled <i>Bonnie</i>				
7:50 - 8:50pm	Yoga Flow <i>Kandi</i>						

SEPTEMBER

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