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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		Bootcamp (Abby) 6:00-7:00am		Bootcamp (Abby) 6:00-7:00am		
7:00am		TRX			New Class	
8:00am	Fit4Life (Aria) 8:00-9:00am	<b>(Abby)</b> 7:00-7:45am	Fit4Life (Aria) 8:00-9:00 New C		Zumba (Teresa) 8:00-8:45am	
9:00am	Aqua Fitness (Aria) 9:00-10:00am		Aqua Fitne (Teresa) 9:00-10:00am	435	Aqua Fitness (Teresa) 9:00-10:00am	Muscle Blast (Julie) 9:00-10:00am
		New Class			TRX/HIIT (Abby) * 9:00-9:45am	
9:30am	Zumba (Teresa) 9:30-10:30am	Total Fit (Julie) 9:30-10:30am	Butt-N-Gutt (Aria) 9:30-10:30am	Muscle Blast (Julie) 9:30-10:30am	HighFitness (Chelsea) 9:30-10:30am	Yoga (Michelle/Sandy) 10:15-11:15am
11:30am	Yoga (Aria) 10:30-11:30am	Chair Yoga (Lisa) 10:30-11:30am	Yoga (Aria) 10:30-11:30am	HIIT & Flow (Kathy) 10:30-11:30am	Yoga Fusion (Lisa) 10:30-11:30am	
PM	PM	PM	PM	PM	PM	
1:00pm	Aqua Fitness (Aria) 1:00-2:00pm		Aqua Fitness (Aria) 1:00-2:00pm	Chair Fitness (Lisa) 1:00-2:00pm		
2:00pm						
					LEGEND Functional Training Studio	
3:00pm						
4:00pm		HighFitness			Group Fitness Studio	
		(Chelsea)			Pool	
	Step	4:00-5:00pm	Total Body Reset		Moid	at Boome
5:00pm	(Julie) 5:00-5:45pm Muscle Blast		(Marqie) 5:00-6:00pm	Yoga/Pilates (Michelle) 5:30-6:30pm	Weight Rooms *12/24 8am-noon No Classes *12/25 Closed *12/ Open@ 8am Reg Classes *12/31 NY Limited Classes	
6:00pm	(Julie) 5:45-6:45pm Aqua Fitness (Abby)	Yoga	Aqua Fitness			
	(ADDY) 6:00-7:00pm	(Michelle) 6:00-7:00pm	(Abby) 6:00-7:00pm			
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED	iotopus 📑	@ClubStilly