<table>
<thead>
<tr>
<th>Time</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THR</th>
<th>FRI</th>
</tr>
</thead>
</table>
| 6:30am | Cycle Core  
Meghan Goossman | Cycle Core  
Meghan Goossman | Cycle Core  
Meghan Goossman | Cycle Core  
Meghan Goossman | Cycle Core  
Meghan Goossman |
| 7:30am | Strength & Power  
(Fitness Center)  
Aaron M. | Strength & Power  
(Fitness Center)  
Aaron M. | Strength & Power  
(Fitness Center)  
Aaron M. | Strength & Power  
(Fitness Center)  
Aaron M. | Cycle Core  
Gabrielle Congemi |
| 7:30am | Cycle Core  
Kennedy Smock | Cycle Core  
Kennedy Smock | Cycle Core  
Kennedy Smock | Cycle Core  
Kennedy Smock | Cycle Core  
Kennedy Smock |
| 8:00am | ZUMBA Toning  
Joye Hellenbrand | ZUMBA & Core  
Joye Hellenbrand | ZUMBA & Core  
Joye Hellenbrand | ZUMBA & Core  
Joye Hellenbrand | ZUMBA & Core  
Joye Hellenbrand |
| 9:00am | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 10:00am | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 11:00am | Strength & Power  
Sarah Fenn | Strength & Sculpt  
Sarah Fenn | Strength & Sculpt  
Sarah Fenn | Strength & Sculpt  
Sarah Fenn | Strength & Sculpt  
Sarah Fenn |
| 12:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 12:30pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 1:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 2:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 3:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 4:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 5:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 6:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 7:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |
| 8:00pm | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman | Cycle Core  
Chloe Renzeliman |

**Saturdays**

- 11:00am: Strength & Power  
  Sarah Fenn  
  Alternate instructors
- 12:00pm: Cycle Core  
  Alternate instructors