

VADNAIS HEIGHTS SCHEDULE Effective Oct. 1st, 2017

MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM		BODYPUMP <i>Jason</i>		BODYPUMP <i>Jason</i>				
8:30AM	BODYPUMP <i>Shawn</i>	YogaSculpt <i>Mary</i>	BODYPUMP <i>Aleshia</i>	ZUMBA® <i>CindyO</i>	STEPSCULPT <i>Mary</i>	8:15AM	BODYPUMP <i>Ken</i>	STEP (8:45) <i>Shaunn a</i>
9:45AM	ZUMBA TONE <i>Sara /Darcy</i>	ZUMBA® <i>Cindy</i>		STEP (9:30) <i>Kimberly</i>	BODYPUMP™ (9:30) <i>Sarah/Jen</i>	9:30AM	STEP <i>Kristin</i>	
10:30AM			BARRE (10:00) <i>Cindy</i>		BODYFLOW <i>Amy</i>	10:30AM	ZUMBA® <i>Cindy</i>	BODYPUMP (10:00) <i>Colleen</i>
10:45AM		SS BASIC <i>Cheryl</i>	SS Yoga <i>Cheryl</i>	SS BASIC <i>Gretchen</i>		11:45AM	BODYFLOW <i>Cambria</i>	ZUMBA®(11:15) <i>Jackie</i>
12:00PM				YOGA <i>Alycia</i>				
4:30PM	Bodypump Exp <i>Mark</i>	CARDIOSCULPT <i>Kristin</i>	YOGA <i>Gretchen</i>	CARDIOSCULPT <i>Theresa</i>				
5:30PM	STEP <i>Kristin</i>	YOGA <i>Jessica</i>	KICKBOX BLAST <i>Kristin</i>	BODYPUMP <i>Sarah</i>				
6:15PM								
6:45PM	BODYFLOW <i>Mark</i>	BODYPUMP (6:30) <i>Cambria</i>	BODYFLOW <i>Melissa</i>	ZUMBA®(6:30) <i>Jackie</i>			please bring your own yoga mat	
7:45PM		BODYFLOW <i>Cambria</i>	ZUMBA® <i>Jenelle</i>				YELLOW SIGNIFIES CHANGE	

CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	RIDE <i>Teri</i>		RIDE <i>Teri</i>		RIDE <i>Teri</i>			
8:30 AM								
9:45am	RIDE <i>Jenny</i>		CYCLE 360 <i>Jenny</i>					
5:30PM	RIDE <i>Mark</i>			RIDE <i>Theresa</i>				

AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:00AM	AQUAFIT <i>Alice</i>		AQUAFIT (9:30) <i>Cheryl</i>		AQUAFIT <i>Alice</i>			
5:30PM		AQUAFIT <i>Alice</i>					POOL RESERVED DURING CLASSES	