B3 Studio Group Class Schedule

All classes are 45 min in length unless otherwise stated on the scheudle. Class schedules are subject to change due to class participation.

Fall 2017 September 11th -December 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIME	**B3 Studio**	**B3 Studio 2**	**B3 Studio 3**	**B3 Studio 4**	**B 3 Studio**	**B 3 Studio 2**
6am						
8am						B3 Cardio Barre - Cynthia
8:30am	B3 YOGA - Ryan	B3 Body N Pow{h}er - Ryan	B3 Tap N Pow{h}er - Ryan	B3 Body N Pow{h}er - Ryan	B3 YOGA - Ryan	
9am						B3 ZUMBA - Carrie
9:30am	*B3 Barre - Cynthia*	*B 3 PILATES - Ryan*	B3 Barre N Pow{h}er - Ryan	*B3 PILATES - Ryan*	B3 Barre N Pow{h}er - Jennie	
10:30am						
11am						
12pm						
1pm						
2pm						
3pm						
5pm						
5:30pm		B3 Barre N Pow{h}er - Jennie	B3 Barre N Pow{h}er - Jennie	B3 Barre N Pow{h}er - Jennie		
6:30pm	B3 YOGA - Jessie	*B3 ZUMBA - Carrie*	*B3 YOGA - Lynn*	B3 U-Jam Fitness® - Melissa		
Kids POWER HOUR at Muletown Rec						
	Kids Power Hour M-Thursday	5:30pm-6:30pm - Mike/Melissa/Bill				
			Teen Equipment Orientation 5:30pm-6:30pm-Bill			

The Jungle Group Class Schedule

All classes are 45 min in length unless otherwise stated on the scheudle. Class schedules are subject to change due to class participation.

Fall 2017 September 11th- December 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIME	The Jungle	The Jungle 2	The Jungle 3	The Jungle 4	The Jungle 5	The Jungle 6
5:15am	45 mins Bootcamp - Janehilda	45 mins Bootcamp - Janehilda	45 mins Bootcamp - Janehilda	45 mins Bootcamp-Thalas		
6am						
7am						45 mins Bootcamp (1st and 3rd Saturday each month)-Thalas
8am	30 mins HIIT Exp - Bill	30 mins Spin Exp. - Ryan	30 mins HIIT Exp - Bill	30 mins Spin Exp. - Ryan	30 mins HIIT Exp - Bill	45 mins Intro 2 Fitness (1st and 3rd Saturday each month)-
8:30am		45 mins Kettle Hell - Thalas	45 mins Senior Spin - Debra	45 mins Kettle Hell - Thalas		
9:30am						
10:00am						
11am						
12pm	30 mins HIIT Exp - Bill		30 mins HIIT Exp - Bill		30 mins HIIT Exp - Bill	
2pm						
3pm						
4:30pm						
5:30pm	45 mins Spin & More - Debra	*45 mins Fundamental Strength - Janhilda*	45 mins Spin & More- Teresa	*45 mins Fundamental Strength - Mike/Bill*		
6:30pm		30 mins HIIT Exp - Bill		30 mins HIIT Exp - Bill		
Kids Power Hour at Muletown Rec						
	Kids Power Hour M-Thursday	5:30pm-6:30pm - Mike/Melissa/Bill				
			Teen Equipment Orientation 5:30pm-6:30pm-Bill			