



Class Location Key	RWC Group Exercise Studio	RWC Spin Studio	Knights Plaza Mind Body Studio
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All classes are 55 minutes in length unless otherwise noted. Participants who register online must arrive 15 minutes early to secure their spot. Walk-ins are welcome, but admittance is not guaranteed due to space restrictions. Please bring a water bottle to all classes.

Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 7:00am, Kristen	SWEAT 8:00am, Cali	INSANITY 8:00am, Amy	Cycle 7:00am, Britani	Yoga 9:30am, Madi
Yoga 8:00am, Sarah M.	Yoga 9:30am, Britani	Lower Body Blast (30 min) 9:30am, Sierra	Yoga 9:30am, Sara D.	Kickboxing 11:00am, RJ
Yoga 11:00am, Britani	TRX (45 min) 11:00am, Alexys	Upper Body Blast (30 min) 10:00am, Sierra	Bootcamp 10:00am, Sierra	TRX (45 min) 11:00am, Troy
Pilates 12:15pm, Kim	Yoga 12:00pm, Sarah M.	Total Core (30 min) 10:30am, Sierra	TRX (45 min) 11:00am, Ferg	Yoga 12:00pm, Sara D.
Cycle 12:30pm, RJ	Cycle 12:30pm, Mikaela	Yoga 12:00pm, Sarah M.	Yoga 12:00pm, Drew	SWEAT 12:00pm, Kristen
TRX (45 min) 1:30pm, Ferg	Step & Tone 3:00pm, Britani	Cycle 12:30pm, Britani	Cycle 12:30pm, Kim	Cycle 12:30pm, RJ
Lower Body Blast (30 min) 2:00pm, Cali	Yoga Nidra Meditation 3:00pm, Monica	Yoga Nidra Meditation 3:00pm, Monica	Lower Body Blast (30 min) 3:00pm, Aliyah	Barre 2:00pm, Holly
Upper Body Blast (30 min) 2:30pm, Cali	Yoga (50 min) 4:00pm, Monica	Zumba (45 min) 3:00pm, Elyse	Upper Body Blast (30 min) 3:30pm, Aliyah	Power Yoga 5:00pm, Alexys
Total Core (30 min) 3:00pm, Cali	Kickboxing 5:00pm, Yan	Step (45 min) 4:00pm, Valerie	Total Core (30 min) 4:00pm, Aliyah	Zumba 5:00pm, Aley
Strong by Zumba 5:00pm, Yan	Barre 5:00pm, RJ	Yoga 4:00pm, Monica	Barre 5:00pm, Holly	Saturday
Yoga 5:15pm, Sara D.	Power Yoga 6:15pm, Madi	Hip Hop Cardio 5:00pm, Mikaela	Zumba (50 min) 6:00pm, Claire	Barre 11:00am, Yan
Lower Body Blast (30 min) 6:30pm, Swaran	Lower Body Blast (30 min) 6:30pm, Aliyah	SWEAT 6:30pm, Kim	Cycle 6:45pm, Kristen	Yoga 12:00pm, Drew
Cycle 6:45pm, Michele	Cycle 6:45pm, Swaran	POP Pilates 6:30pm, Michele	Pilates 7:00pm, Madi	STRONG by Zumba 12:00pm, RJ
Upper Body Blast (30 min) 7:00pm, Swaran	Upper Body Blast (30 min) 7:00pm, Aliyah	Cycle 6:45pm, Jessica	Yoga 7:00pm, Swaran	Cycle 12:30pm, Michele
Yoga 7:00pm, Monica	Total Core (30 min) 7:30pm, Aliyah	Zumba 8:15pm, Aley	Advanced Yoga 8:15pm, Sarah M.	Sunday
Total Core (30 min) 7:30pm, Swaran	POP Pilates (45 min) 7:30, Michele	Yoga 8:15pm, Drew	Hip Hop Cardio 8:15pm, Alexys	Kickboxing 5:00pm, Melyssa
Guided Meditation (30 min) 8:00pm, Monica	Zumba 8:15pm, RJ			Power Yoga (75 min) 6:30pm, Sara D.
Hip Hop Cardio 8:15pm, Mikaela	Yoga 8:30pm, Chris			Cycle 6:45pm, Mikaela
				Zumba 7:00pm, Latisha