

Bob	Body   8:30   Body   8:31   Body   9:31   Body   9:31	30b 30am becca	Toni 5:30am Rebecca 9:30am	Bob 5:30am Alexis	Bob 5:30am Teri			SUNDAY
Packed   P	9:30  Body 8:33  Be Cardio Ki 9:33  Ki Silver S Cla 12:3 Al  Killer 5:30 Jar Body 6 Tor	30am becca	5:30am Rebecca 9:30am	5:30am Alexis	5:30am Teri	Erika	Teri	T
Rebecca   Alexis   9-30am	9:30  Body 8:33  Be Cardio Ki 9:33  Ki Silver S Cla 12:3 Al  Killer 5:30 Jar Body 6 Tor	30am becca	Rebecca 9:30am	Alexis	Teri	Erika	Teri	T
Body Sculpt   Body Sculpt   Body Sculpt   Solution   Body Sculpt   Body Sculpt   Solution   Body Sculpt   Body	Body 8:36 Be Cardio K: 9:36 Be Hatha 10:3 K: Silver S Cla 12:3 Al  Killer 5:30 Jar Body 4 6 6 Tor			9:30am				Joann 9am
Body Sculpt	Body 8:36 Be Cardio K: 9:36 Be Hatha 10:3 K: Silver S Cla 12:3 Al  Killer 5:30 Jar Body 4 6 6 Tor				9:30am	9:30am		
Body Sculpt   Solum	Body 8:30 Be Cardio Ki 9:30 Be Hatha 10:3 Ki Silver S Cla 12:3 Al  Killer 5:30 Jar Body Tor	ópm	Alexis		Teri			
Body Sculpt   Scidum   Scidu	8:30 Be Cardio K. 9:30 Be Hatha 10:3 K. Silver S. Cla 12:3 Al  Killer 5:30 Jar Body Tor							
Body Sculpt   Sculpt   Body Sculpt   Sculpt   Body Sculpt   Body Sculpt   Body Sculpt   Body Sculpt   Body Sculpt   Sculpt   Body Sculpt   Sculpt   Body Sculpt   Sculpt   Body Sculpt   Sculpt   Sculpt   Body Sculpt	8:30 Be Cardio K. 9:30 Be Hatha 10:3 K. Silver S. Cla 12:3 Al  Killer 5:30 Jar Body Tor							
Scalam   Belly Buits & Thighs   Belth   Belt	8:30 Be Cardio K. 9:30 Be Hatha 10:3 K. Silver S. Cla 12:3 Al  Killer 5:30 Jar Body Tor	Sculpt		Step n Sculpt	Mat Pilates	Dynamic Step	FREE	
Cardio Kickboxing	Cardio K. 9:30 Bee Hatha 10:3 K. Silver S Cla 12:3 Al  Killer 5:30 Jar Body 6 Tor		Belly, Butts & Thighs	8:30am			8:30am	
Cardio Kcidboxing	9:30  Be Hatha 10:3  Ki Silver S Cla 12:3  Al  Killer 5:30  Jar  Body Tor	Beth		Beth	Michael	Beth	Dee	
Beth	Bee Hatha 10:3 Kot Silver S Cla 12:3 Al Killer 5:30 Jarr Body 6 F Tor	Kickboxing		Piloxing	Body Sculpt	Zumba	Dynamic Barre	Body Sculpt
Hatha Yoga   10:30am   1	Hatha 10:3 K Silver S Cla 12:3 Al  Killer 5:30 Jar Body 6 Tor							9:30am
10:30am	Killer 5:30-Jar Body 6 For Tor		Teri		Beth			Beth Stix Yoga
Asylom   Dee   Dee   Saturday & Sunday : 7am-	Killer 5:30- Jar Body 6p Tor							10:30am
Asylom   Dee   Dee   Saturday & Sunday : 7am-	Killer 5:30- Jar Body 6p Tor			Alan	C:1 C1	Teri	Scott	Scott
Stiller Core	Killer 5:30- Jar Body 6p Tor		Silver Sneakers Yoga	VinYasa Yoga				
Asylom   Dee   Dee   Saturday & Sunday : 7am-	Killer 5:30- Jar Body 6p Tor	30pm		1	12:30pm			
A.30pm   Dee   Dee   Saturday & Sunday: 7am-	Killer 5:30- Jar Body 6p Tor	Alan	Alan		Alan			
Riller Core   S.30-6pm   S.30-6	5:30- Jar Body 6p Tor							
Sign	5:30- Jar Body 6p Tor						Saturday & Sur	nday: 7am-4pm
Samie   Dec   Jamie   Dec   Robin	Jar Body 6p Tor							
Second   Good	6p Tor		Dee	Jamie	Dee	Robin		
Toni D  Qi Gong 7pm Scott  Boot Camp Fri, Sat, Sun: 8:00am - 12:C  Boot Camp Fri, Sat, Sun: 8:00am - 12:C  Boot Camp	Tor			8				
Power Strike Boot Camp   Boo								
Scott   Scot		Gong		e e e e e e e e e e e e e e e e e e e				
Boot Camp 5:30am Greg  Kettlebell Boxing Boot Camp 9:30am Boot Camp 10:00am Beth  Rettlebell Boxing Boot Camp 10:30am Beth  Rettlebell Boxing Boot Camp 12:10pm Greg Boot Camp 6pm 6pm 6pm 6pm 12:10pm Greg Boot Camp 12:10pm Greg Boot Camp 12:10pm Boot Camp 12:10pm Boot Camp 12:10pm Greg Boot Camp 12:10pm Greg Boot Camp 12:10pm Greg Boot Camp 12:10pm Boot Camp 10:30am Beth  Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am Beth Rettlebell Boxing Boot Camp 10:30am B							, ,	
Sissiparies					Boot Camp	Boot Camp	Boot Camp	Boot Camp
Boot Camp 9:30am Bob Bob Boot Camp 9:30am Bob					5:30am		8am	9am
Boot Camp 9:30am Eric Power Strike Boot Camp 10:00am Beth  Boot Camp 12:10pm Greg Boot Camp 6pm Feri Melissa Boot Camp Form Teri Boot Camp Form Melissa Boot Camp Form Melissa Boot Camp Form Melissa Boot Camp Form Form Form Melissa Boot Camp Form Form Form Melissa Boot Camp Form Form Form Dan  Boot Camp Form Boot	Gr	ireg		Toni		Dan	Dan	Teri Power Strike
9:30am Bob 9:30am Bob Power Strike Boot Camp 10:00am Beth  Boot Camp 12:10pm Greg Boot Camp 6pm Greg Boot Camp 6pm Boot Camp 6pm Helissa  Boot Camp 10:00am Boot Camp 6pm Greg Boot Camp 6pm Boot Camp 6pm Greg Boot Camp 6pm Gopm Gopm Gopm Gopm Gopm Gopm Gopm Go					Boot Camp			Boot Camp
Boot Camp Greg Boot Camp Greg Boot Camp Gpm Teri Boot Camp Gpm Melissa Boot Camp Gpm Melissa Boot Camp Gpm Melissa Boot Camp Gpm Gpm Teri Boot Camp Gpm Gpm Gpm Gpm Gpm Gpm Gpm Gpm Gpm G								10:30am Beth
Boot Camp  12:10pm Greg  Boot Camp Greg Greg							Tom	Betti
12:10pm   Greg   Boot Camp   Boot Camp   6pm   6pm   6pm   Boot Camp   6pm   Dan	3						(001)	(001)
12:10pm   Greg   Boot Camp   Boot Camp   6pm   6pm   6pm   Boot Camp   6pm   Dan							(2011)	しいりいい
12:10pm   12:10pm   12:10pm   Bob   Greg   Boot Camp   Boot Camp   6pm   6pm   6pm   Bob   Dan	Boot	t Camp			Kettlebell Boxing	D . G		
Greg Boot Camp 6pm Teri Boot Camp 6pm Boot Camp 6pm Dan  Boot Camp 6pm Dan  Boot Camp 6pm Dan  Boot Camp 6pm Dan  CrossFit  CrossFit 5:30am 6:30am Billy Billy CrossFit 9:30am  Greg  Boot Camp 6pm Dan  CrossFit CrossFit CrossFit S:30am 6:30am Billy	12:1	-		BOOT			MAGAZINE'S	MAGAZINE'S
6pm Teri         6pm Melissa         6pm Bob         6pm Dan         6pm Dan         6pm Dan         2014         20           Boot Camp on the Turf Field           Large Group Training (\$89 unlimited-includes gym)           CrossFit         CrossFit         CrossFit         CrossFit         CrossFit         CrossFit         OPEN           5:30am         6:30am         6:30am         6:30am         8am         FREE to           Billy         Billy         Billy         Billy         Greg         ment           CrossFit         CrossFit         CrossFit         9:30am         9-9:30am         9-9:30am         9-9:30am         9-9:30am				CAMP			BES INF	BES I
Teri Melissa Bob Dan Dan  Boot Camp on the Turf Field  Large Group Training (\$89 unlimited-includes gym)  CrossFit CrossFit CrossFit CrossFit 6:30am 6:30am 8am FREE to Billy Billy Billy Billy Greg menu Free to GrossFit 9:30am		-	•		*	•	BERGEN	BERGEN
CrossFit   CrossFit   CrossFit   CrossFit   G:30am   6:30am   6:							2014	201
Large Group Training (\$89 unlimited-includes gym)           CrossFit         CrossFit         CrossFit         CrossFit         OPEN           5:30am         6:30am         6:30am         6:30am         8am         FREE to           Billy         Billy         Billy         Billy         Billy         Greg         meml           CrossFit         9:30am         CrossFit         Functional Mobility         9-10           9:30am         9:9:30am         9-9:30am         9-9:30am			Вос			<u> </u>	ZUIT	<b>ZUI</b> E
5:30am         6:30am         5:30am         6:30am         8am         FREE to meml           Billy         Billy         Billy         Billy         Billy         Greg         meml           CrossFit         CrossFit         CrossFit         Functional Mobility         9-10           9:30am         9:30am         9-9:30am         9-9:30am         Pa			Large Group T	raining (\$89 unlimited-include	s gym)		*****	
5:30am         6:30am         5:30am         6:30am         8am         FREE to meml           Billy         Billy         Billy         Billy         Billy         Greg         meml           CrossFit         CrossFit         CrossFit         Functional Mobility         9-10           9:30am         9:30am         9-9:30am         9-9:30am         Pa	Cro	ossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	OPEN GYM
CrossFit 9:30am CrossFit 9:30am Pa								FREE to all LF
9:30am 9:9:30am 9:9:30am 9-9:30am Pa			·	, and the second	Billy			members* 9-10am
Billy REQUIRES SIGN UP Greg Greg Billy  CrossFit ONRAMP PER CLASS CrossFit ONRAMP \$179/unlimited includes Boot 10:30am \$10:30am 9:30am 9:30am	9:30	30am		9:30am		9:30am	9-9:30am	Pam
10:30am \$179/unlimited includes Boot 9:30am 9:30am	Bi Cross Fit 6				G W GVD 116D			
Comp 0 C M1: 7.50mm	10:3	ONKAMP	PER CLASS					08055Pm
Greg Camp & Gym Membership Billy	Gr	30am			Camp & Gym Membership		Billy	
		Greg						<b>4631</b>
Greg Greg Greg Greg Greg Pam		Greg ossFit	CrossFit					
CrossFit CrossFit CrossFit ONRAMP CrossFit ONRAMP CrossFit	Cros	Greg ossFit opm	6pm	6pm	6pm	6pm	10:30am	
7pm 7pm 7pm 7pm 7pm 7pm 7pm 7pm 1 7pm 1 7pm 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	7p Bi	Greg ossFit opm Greg ossFit	6pm Greg  CrossFit CrossFit ONRAMP	6pm Greg CrossFit CrossFit ONRAMP	6pm Greg CrossFit	6pm	10:30am Pam	