

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7am Cup of Joe**		7am Early Bird Burn	6:30am Early Bird Burn	7am Cup of Joe**	7:30am Scoop 75
		8am Extreme Meat & Potatoes		8am Extreme Meat & Potatoes		8:30am Scoop 90
	11:30am to 12:10pm Joe's Lean Low Chair Lunch**	9:30am Meat & Potatoes	9am Meat & Potatoes	9:30am Meat & Potatoes	10:30 to 11:30 Mat** Open Level	9am GYROKINESIS® **
	1pm Meat & Potatoes			4pm Upper Body Hottie **		10am Cup of Joe**
				4:30pm Bikini Butt Barre**		10am 1st Saturday of The Month Intro. To Joe
	4:30pm Bikini Butt Barre**			4:30pm Easy Does It		11am UnderClassman
	5pm Upper Body Hottie**	5pm Upper Body Hottie**		5:30pm Scoop 75		
	5:30pm Bikini Butt Barre**	5:30pm Bikini Butt Barre**		5:30pm Under Classman		
	5:30pm New Kid on the Block	6pm New Kid on The Block	5:30pm UnderClass- man 6pm YBR Pilates**			
	6:30pm Meat & Potatoes	7pm Extreme Meat & Potatoes	6:30pm Scoop 75			