

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7am Caffeinated Joe**	6:30am Caffeinated Joe**	7am Early Bird Burn	6:30am Caffeinated Joe**	7am AMP'D Barre**	7:30am Caffeinated Joe**
Special Classes	VISIT OUR ONLINE SCHEDULER FOR SUNDAY OFFERINGS	8am Extreme Meat & Potatoes	8:30am AMP'D BARRE** Starting Dec. 7th		8am Extreme Meat & Potatoes	8:30am Scoop 90
		9am Meat & Potatoes	9am Meat & Potatoes	9am Meat & Potatoes	10:30am to 11:30am Mat** Open Level	9am GYROKINESIS® ** 10:15am ** PILOXING
	11:30am to 12:10pm Joe's Lean Low Chair Lunch**	12:30pm Intro. To Joe** <u>1st & 3rd week of the Month</u>		12pm Meat & Potatoes		10:15am Underclassman 11:15am Caffeinated Joe** Only Dec.3
	3pm Mat** Open Level				12:30pm New Kid On The Block	11:15am AMP'D BARRE** Starting Dec. 10th
	4:30pm Bikini Butt Barre** 5pm Upper Body Hottie** Last night for both 12/12	5pm ORBIT™ Starts Dec. 20 6pm AMP'D BARRE** Starts Dec. 20	3:45pm Easy Does It	5pm ** PILOXING	4:30pm Under Classman	UPDATED Dec. 1, 2011
	4:30pm AMP'D BARRE** Starting Dec. 19	5pm New Kid on the Block	5:30pm Intro. To Joe**		5:30pm Caffeinated Joe**	
	5:30pm New Kid on the Block	6pm Meat & Potatoes	6pm Under Classman			
	6:30pm Meat & Potatoes	7pm Extreme Meat & Potatoes	6pm YBR Pilates Mat**			