

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7am Caffeinated Joe**		7am Early Bird Burn		7am Caffeinated Joe**	7:30am Caffeinated Joe**
Special Classes	VISIT OUR ONLINE SCHEDULER FOR SUNDAY OFFERINGS	8am Extreme Meat & Potatoes	8am AMP'D BARRE**		8:15am Extreme Meat & Potatoes	8:30am Scoop 90
		9am Extreme Meat & Potatoes	9am Meat & Potatoes	9am Extreme Meat & Potatoes		9am GYROKINESIS® **
	11:30am to 12:10pm Joe's Lean Low Chair Lunch**	12:30pm Intro. To Joe**	10am Underclassman		10:30am to 11:30am Mat** Open Level	10:15am ** PILOXING
				12pm Meat & Potatoes		10:15am Underclassman
						11:15am AMP'D BARRE**
	3pm Mat** Open Level				12:30pm Caffeinated Joe**	
	4:30pm AMP'D BARRE**	5pm Caffeinated Joe **	4pm Easy Does It			
	5:30pm New Kid on the Block	6pm AMP'D BARRE**	5pm ORBIT™ 5:30pm Intro. To Joe**			
		6pm Meat & Potatoes	6pm Under Classman	6:30pm Caffeinated Joe**		
	6:30pm Meat & Potatoes		6pm YBR Pilates Mat**			
		7pm Extreme Meat & Potatoes	7pm (4 weeks) Ultimate Reformer			