

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7am Cup of Joe**	7am Under-Classman	7am Early Bird Burn	6:30am Early Bird Burn	7am Cup of Joe**	8:30am Scoop 90
		8:45am Extreme Meat & Potatoes	9am Meat & Potatoes	8:45am Extreme Meat & Potatoes		9:30am Meat & Potatoes
10:30am Cup of Joe**	11:30am to 12:10pm Joe's Lean Low Chair Lunch**	10:30am New Kid On The Block	10am GYROKINESIS®**		10:30 to 11:30 Mat** Open Level	10am to 11am Intro. To Joe 1st Sat of the Month 10:30am Cup Of Joe*
	1pm Meat & Potatoes		11:30am to 12:10pm Joe's Lean Mat Lunch**	1pm Meat & Potatoes		11am New Kid on the Block
	4:30pm Bikini Butt Barre** 5pm Upper Body Hottie**	5pm Upper Body Hottie**				12pm Pilates Style Balls and Whistles **
	5:30pm Bikini Butt Barre**	5:30pm Bikini Butt Barre**	5:30pm Pilates for Golf	4pm Easy Does It	4:45pm Cup of Joe**	1pm GYROKINESIS®**
	5:30pm New Kid on the Block	6pm Under-Classman	6pm YBR Pilates**	5pm Jumpin' Joe**		
	6:30pm Meat & Potatoes	7pm Extreme Meat & Potatoes	6:30pm Scoop 75	5:30pm Under Classman		