


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45am</b> <b>CYCLE-Janet</b>	<b>5:45am</b> <b>CYCLE-Laura</b>	<b>5:45am</b> <b>CYCLE-Janet</b>	<b>5:45am</b> <b>CYCLE- Bre</b>	<b>5:45am</b> <b>CYCLE-Janet</b>	8:00am Main Dynamic Sculpt & Core Heidi	
<b>8:00am</b> <b>CYCLE -Laura</b>	<b>6:30am</b> Main Fit to Function!-Gordon	<b>8:00am</b> AQUA Splash!-Tori		<b>8:00am</b> <b>CYCLE -Andrea</b>	<b>8:00am</b> <b>CYCLE-Jackie</b>	<b>8:00am</b> <b>CYCLE -Angie</b>
<b>8:30am</b> Main Kickboxing-LATA <b>8:30am Studio 2</b> Yoga-Therapeutic Jackie <b>8:30am Upstairs</b> <b>TRX Level 2</b> Tricia <i>*See class description</i>	<b>8:30am</b> Main Pilates -Natasha <b>8:30am Studio 2</b> Booty Barre -Teri <b>9:00am-Pool</b> AQUA Splash!-Laura	<b>8:30am</b> Main Step Fusion-Gretchen <b>8:30am Studio 2</b> <i>*New*</i> M.E.L.T. Strength <i>*See class description</i> Gloria <b>8:30am</b> Basketball Court Cozmosize- Matthew	<b>8:30am</b> Main Up In Arms-Jackie  <b>9:00am-Pool</b> AQUA Splash!-Kelly	<b>8:30am</b> Main <i>Cardio Kick It!</i> -Tricia	<b>9:00am</b> Main ZUMBA!-Lata <b>9:00am Studio 2</b> Booty Barre- Teri <b>9:00am Upstairs</b> <b>Beginning TRX</b> <i>*See class description</i> Matthew	<b>9:00am</b> Main Arm Blast! 30 min.-Tori <b>9:00am Studio 2</b> Yoga Flow- Cathy
<b>9:00am</b> <b>CYCLE-Janet</b>	<b>9:00am</b> <b>CYCLE-Cherie</b>	<b>9:00am</b> <b>CYCLE-Tricia</b>	<b>9:00am</b> <b>CYCLE - Laura</b>	<b>9:00am</b> <b>CYCLE -Janet</b>	<b>9:00am</b> <b>CYCLE-Tricia</b>	<b>9:30am</b> <b>CYCLE-Janet</b>
<b>9:30am</b> Main ZUMBA!-Lata <b>9:30am Upstairs</b> <b>Beginning TRX</b> -Teri <i>*See class description</i>	<b>10:00am</b> Main ZUMBA!-Anna	<b>9:30am</b> Main Pilates Plus-Tori <b>9:30am Studio 2</b> Yoga Flow -Jackie	<b>9:30am</b> Main ZUMBA!-Lata <b>9:30am Upstairs</b> <b>TRX Level 2</b> -Tricia <i>*See class description</i>	<b>9:30am</b> Main Cozmosize-Matthew <b>9:30am Studio 2</b> M.E.L.T. -Gloria <i>*See class description</i> <b>10:30am Studio 2</b> Gentle Yoga -Cathy	<b>10:00am</b> Main Pilates Plus -Tori <b>10:00am Studio 2</b> M.E.L.T.-Gloria	<b>9:30am</b> Main Step Fusion- Tori <b>10:30am Studio 2</b> Yoga Level 1-2 Andrea
<b>4:30pm</b> <b>CYCLE-Andrea</b>	<b>4:30pm</b> <b>CYCLE- Jackie</b>	<b>4:30pm</b> <b>CYCLE-Bre</b>	<b>4:30pm</b> <b>CYCLE-Jackie</b>	<b>5:30pm</b> <b>CYCLE-Corissa</b>	<b>What's NEW?!</b>	
<b>4:30pm</b> Main Pilates Mat-Tori <b>5:30pm</b> Main <i>Cardio Kick It!</i> Lynette	<b>4:30pm</b> Main Brittney <b>ZUMBATOMIC FOR KIDS!</b> <i>*See class description</i> <b>5:30pm</b> Main Arm Blast! 30 min-Tori	<b>4:30pm</b> Studio 2 Total Body Barre Teri <b>5:30pm</b> Main Dynamic Sculpt & Core Gretchen	<b>4:30pm</b> Main Brittney <b>ZUMBATOMIC FOR KIDS!</b> <i>*See class description</i> <b>5:30pm</b> Main Power Pump!-Jose	<b>5:00pm</b> Main ZUMBA- Anna	<b>\$5 TRX Rentals now available at the Diamond desk!</b>	
<b>5:30pm</b> <b>CYCLE-Corissa</b>	<b>5:30pm</b> <b>CYCLE-Angie</b>	<b>5:30pm</b> <b>CYCLE- Susie</b>	<b>5:30pm</b> <b>CYCLE-Laura</b>	<b>New COZMOSIZE! Friday's 9:30am</b>		
<b>6:00pm</b> -Studio 2 <i>*New*</i> M.E.L.T. Strength <i>*See class description</i> Gloria	<b>6:00pm</b> -Studio 2 Yoga Level 1-2 Andrea <b>6:00pm</b> -Main <i>Leg-o-licious!</i> 30 min. Tori	<b>5:30pm</b> Upstairs <b>Beginning TRX</b> -Teri <i>*See class description</i>	<b>6:00pm</b> -Studio 2 Yoga Level 2-Andrea	<b>TRX</b> Suspension Training		
<b>6:30pm</b> <b>CYCLE-Angie</b>	<b>6:30pm</b> <b>CYCLE- Susie</b>	<b>6:30pm</b> <b>CYCLE-Angie</b>	<b>6:30pm</b> <b>CYCLE-Janet</b>			
<b>6:30pm</b> Main Dynamic Sculpt & Core Lynette <b>7:30pm</b> Studio 2 Yoga Flow- Cathy <b>7:30pm</b> Main Cozmosize -Matthew	<b>6:30pm</b> Main Kickboxing- Jose <b>7:30pm</b> Main ZUMBA!-Jose	<b>6:30pm</b> Main ZUMBA!-Cherie <b>7:30pm</b> Main Cozmosize-Matthew	<b>6:30pm</b> Main ZUMBA!-Jose	<b>Beginning TRX</b> Mon. 9:30am Wed. 5:30pm Sat. 9am Upstairs		
		<a href="http://www.scathleticcomplex.com">www.scathleticcomplex.com</a> <a href="http://www.facebook.com/santaclaritaathleticclub">www.facebook.com/santaclaritaathleticclub</a>		<b>2 more classes!</b> Monday 9:30am & Friday 5pm!		
				<b>New AQUA</b> 8am Wednesdays		