

STONE'S CLASS SCHEDULE

TIMES:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 am		Spin Debbie		Spin Debbie		Spin Debbie	
8:00 am							Step & Sculpt Sharon
8:15 am		Step & Sculpt Karen	TBC Nancy		HiLoPiYo Karen	C+RT Nancy	Spin Karen/ginger
9:00 am		Burn UP Kelli	Burn DOWN Isaac	Burn OUT Mia	Burn UP Mia	Burn DOWN Kelli	Burn Out Instructors
9:30 am			Barre Fusion Rachel	Mat Pilates Leah	Mat Pilates Rachel	Mat Pilates Leah	Pop Pilates Celina
10:45 am		Zen Tera				Flow Leah	
11:00 am	Fire & Flow Leah						
Noon							
4:15 pm		Step & Sculpt Sharon				Xtreme Sharon	
5:30 pm		Bootcamp Tommy J	Mat Pilates Shellie	Xtreme Sharon	Bootcamp Tommy J		
		Burn UP Isaac	Burn DOWN Leah	Burn OUT Leah	Burn UP Isaac		
6:00 pm					Spin Rhonda		
6:30 pm		Flow Leah	Fire & Flow Leah	Root & Flow Karen			

Group X Room in Stone's

In Stone's Studio: Burn Membership