

## Fitness on 14th - 2019 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM <b>Power Yoga</b> PBX			6:15 AM <b>Cardio Sculpt</b> Mike Pierre	6:15 AM <b>Ab Attack</b> Nicole		9:15 AM <b>F.M.B.</b> Erick
7:15 AM <b>F.M.B.</b> Julia		7:15 AM <b>Cor Max®</b> Luis Velez		8:00 - 11:00 AM <b>ON-DEMAND CLASSES</b> by WELLBEATS	9:00 AM <b>Total Body Boot Camp</b> Billy Prinsell	10:00 AM <b>Cardio Kickboxing</b> PBX
	6:00 - 11:00 AM <b>ON-DEMAND CLASSES</b> by WELLBEATS	9:00 AM <b>Sculpt &amp; Stretch</b> Danielle Schulz		9:00 AM <b>Mat Pilates</b> Jane	9:15 AM <b>Fight Fit</b> Don Cherry	11:00 AM <b>Training &amp; Conditioning</b> Anja
11:00 AM <b>Mindful Meditation</b> Bill Pagano	11:00 AM <b>Forever Young 1</b> Francie Demitrovic	10:00 - 11:00 AM <b>ON-DEMAND CLASSES</b> by WELLBEATS	7:45 - 11:30 AM <b>ON-DEMAND CLASSES</b> by WELLBEATS		10:00 AM <b>Power Pump</b> Dan Dubelman	12:00 PM <b>Zumba</b> Karina
11:30 AM <b>Synergy Circuit</b> Mike Pierre	11:15 AM <b>Suspension Tone &amp; Flex</b> Anja Pierre	11:00 AM <b>Tai-Chi</b> Laszlo Huve	11:30 AM <b>Tabata</b> Billy Prinsell	12:30 PM <b>Core Fusion</b> Abby Kauffman	10:45 AM <b>MELT Method 30</b> Dan Dubelman	1:00 - 4:00 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS
12:15 PM <b>Mat Pilates</b> Kallie	11:30 AM <b>Forever Young 2</b> Francie Demitrovic	12:00 PM <b>Bootcamp HIIT</b> PBX	12:15 PM <b>Barre</b> Stine Moen	1:30 - 10:00 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS	11:30 AM <b>Cor Max®</b> Mike Pierre	
12:30 PM <b>Total Body Conditioning</b> Mike Pierre		1:00 PM - 6:15 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS	1:15 - 6:30 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS		12:30 - 8:00 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS	5:00 - 7:00 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS
	6:15 PM <b>Cardio Barre</b> Stine Moen		6:30 PM <b>Cardio Pulse</b> Karina Rodriguez			
6:45 PM <b>Fight Fit</b> Laszlo Huve	7:00 PM <b>Synergy Circuit</b> Emily Peterson	6:30 PM <b>Suspension Tone &amp; Flex</b> Anja Pierre	7:00 PM <b>Synergy Circuit</b> Luis Velez			
7:15 PM <b>Power Pump</b> Seth Zanutto	7:15 PM <b>POUND</b> Nicole Denis	7:15 PM <b>Cor Max®</b> Luis Velez	7:30 PM <b>Bootcamp HIIT</b> PBX			
8:00 PM <b>MELT Method</b> Seth Zanutto	8:00 PM <b>Ab Attack</b> Nicole Denis	8:15 - 10:00 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS	8:30 - 10:00 PM <b>ON-DEMAND CLASSES</b> by WELLBEATS			
					=Phat Buddha Experience Class	
					=Studio available for Wellbeats use	
					=Class on gym floor	