

MONDAY

6 - 6:55		Muscles.....	Stephanie Buck	M
6 - 7	♂	Yoga Power	Nosa Edebor	B
6:15 - 7		TRX	Celeste Luke	S
7:15 - 8:15	♂AA	Yoga Stretch	Nosa Edebor	B
7:15 - 8:15		Step & BARRE	Shanna Finucane	S
7:30 - 8:15	♂	VideoSpin**	Hardy Pollard	SU
7:50 - 8:30		Arms & Abs.....	Joel Didow	M
8:30 - 9:30		Cardio Kickbox.....	Eran Malone	S
8:30 - 9:30	♂	Yoga Body	Larry Thraen	B
8:45 - 9:30		Pure Cycle.....	Joel Didow	SU
8:45 - 9:30		Contemporary Pilates	Stacy Skolnik	M
9:40 - 10:10		LIFT 30	Joel Didow	S
9:45 - 10:30		Rhythm Ride.....	Stacy Skolnik	SU
9:45 - 10:45		Cutting EDGE	Colleen Kennedy	M
9:45 - 10:45		Yoga Power.....	Susy Crosser	B
10:20 - 11:05		Strong BARRE.....	Maria Kelly	S
11 - 11:50		Zumba	Mario Valencia	M
11 - 12	♂	Yoga Flow	Marizol Cabrera	B
11:15 - 12		Muscles.....	Cathy Wertheimer	S
12 - 12:45		BARRE off the BARRE	Y.J. Garbo	M
12:15 - 1	♂	Yoga Body	Farida Meguid.....	B
1 - 1:45		Arms & Abs.....	Y.J. Garbo	M
1:15 - 2	AA	Just for Men	Johnny Quintanilla.....	S
1:30 - 2:30	♂AA	Yoga Stretch & Sound Journey	Farida Meguid.....	B
2 - 2:45	AA	Vintage Vitality	Mitzi Ruff	M
3 - 3:45	♂	Classic Pilates	Katrina Ellsworth	M
4 - 4:45	♂	H - Dance	Bob Luna.....	M
5 - 5:45		Power Pilates.....	Melinda Grunewald	M
5 - 5:45		TRX HIIT	Steven Elizondo	S
5:30 - 6:30		VideoRide	Martica Heaner.....	SU
6 - 6:45		Cutting EDGE	Bond Bourquien.....	M
6 - 6:45	♂	miniBARRE.....	Stacy Skolnik	S
6 - 7		Yoga Bootcamp	Andrew Dugas	B
7 - 7:45		LIFT 45	Martica Heaner.....	S
7 - 8		Zumba®	Shellah Ley	M

TUESDAY

5:45 - 6:30		Pure Cycle.....	Leslie Zizinia	SU
6 - 7		Cutting EDGE	Tammy Harris	S
6:40 - 7:10		LIFT 30	Leslie Zizinia	M
7:30 - 8:15		Pure Cycle.....	Taylor Arenz.....	SU
7:30 - 8:15		Overload	Steven Elizondo	M
7:30 - 8:30		Yoga Body	Marizol Cabrera	B
8:30 - 9:15		K.A.R.B.	Leslie Zizinia	S
8:45 - 9:25		Dirty Thirty	Jarrod Marrs	BB
8:45 - 9:35		VideoSpin**	Hardy Pollard	SU
8:45 - 9:45		Core Motion.....	Maria Kelly	M
8:45 - 9:45		Yoga Flow	Marizol Cabrera	B
9:15 - 9:25		Stop & Stretch	Leslie Zizinia	S
9:45 - 10:25		Dirty Thirty	Jarrod Marrs	BB
9:45 - 10:30		K.A.R.B.	Melissa Shippy	S
9:50 - 10:15		Yin Yoga & Therapy Balls	Marizol Cabrera	B
10 - 11		Urban Rebounding.....	Eran Malone	M
10:15 - 11		Cycle Basics	Martica Heaner.....	SU
10:30 - 11:45	♂	Therapy Ball Class	Steven Villanueva	B
10:40 - 11:25		Cutting EDGE	Cathy Wertheimer	S
11:15 - 12	AA	Muscles Basics	Martica Heaner.....	M
11:35 - 12:20	♂	Rhythm Step.....	Y.J. Garbo	S
12 - 12:50	♂	Pure Cycle.....	Frances Caron	SU
12 - 1	♂AA	Yoga Therapy.....	Robert Boustany	B
12:15 - 1		Blitz	Andrew Chaddick.....	PZ
12:15 - 1	AA	Pilates Basics.....	Stacy Skolnik	M
1 - 1:45	♂AA	Body Mechanics.....	Robert Boustany	S
1:30 - 2:30	♂AA	Yoga Stretch	Steven Villanueva	B
1:30 - 2:15	AA	Tai Chi for Arthritis.....	Simone Olivier	M
4:30 - 5:10		LEGS	Joel Didow	M
5:15 - 6		miniBARRE.....	Houstonian Team	S
5:15 - 6:15	♂	Yoga Body	Larry Thraen	B
5:30 - 6:10		Arms & Abs.....	Joel Didow	M
5:45 - 6:30		Pure Cycle.....	Chad Neal	SU
6:15 - 7	♂	Contemporary Pilates	Melinda Grunewald	S
6:30 - 7:15	♂	K.A.R.B Cardio.....	Bond Bourquien.....	M
6:30 - 7:30		Yoga Power	Stephanie McCarrey	B

WEDNESDAY

6 - 7		Classic Pilates & Props	Erik Johnson	S
6:10 - 7		Muscles.....	Eran Malone	M
6:15 - 7		Better Body Bootcamp	Matt McCullough.....	BB
7:15 - 8:15	AA	Yoga Therapy.....	Andrew Dugas.....	B
7:15 - 8:15		Cutting EDGE	Shanna Finucane	M
7:30 - 8:15	♂	Strong BARRE.....	Tyler Barbier	S
8:30 - 9:30		Yoga Lab	Andrew Dugas.....	B
8:30 - 9:30		Cutting EDGE	Eran Malone	M
8:45 - 9:30		BARRE CODE.....	Stacy Skolnik	S
8:45 - 9:30		Rhythm Ride.....	Susy Crosser	SU
9:45 - 10:45		Yoga Flow	Marizol Cabrera	B
9:45 - 10:25		Arms & Abs.....	Tammy Harris	M
9:45 - 10:30		Pure Cycle.....	Stacy Skolnik	SU
9:45 - 10:50		Ultimate Conditioning.....	Melissa Shippy.....	S
10:35 - 11:20		Contemporary Pilates	Maria Kelly	M
11 - 11:45	♂	Yoga Body	Susy Crosser	B
11 - 11:50		TRX	Jarrod Marrs	S
12 - 12:45	♂AA	Yoga Stretch	Cathy Wertheimer	B
1:15 - 2	AA	Just for Men	Chad Fuqua	S
2 - 2:45	AA	Seated Stretch & Strength for Seniors	Frances Caron	M
4:30 - 5:15		K.A.R.B.....	Bond Bourquein.....	S
5:30 - 6:15	♂	Yoga Body	Nosa Edebor	B
5:30 - 6:15		Cutting EDGE	Tammy Harris	M
5:45 - 6:30		Pure Cycle.....	Steven Elizondo	SU
6:30 - 7:15	♂AA	Yoga Stretch	Nosa Edebor	B
6:30 - 7:30		Zumba	Varelis Fis-Brunet	M
7:20 - 7:35	♂AA	Sound Journey	Nosa Edebor	B

THURSDAY

5:45 - 6:30		Pure Cycle.....	Emma Aguirre.....	SU
6 - 7	♂	Yoga Body	Charlotte Morales.....	B
6:15 - 7		TRX	Joel Didow	S
6:40 - 7:10		LIFT 30	Emma Aguirre.....	M
7:15 - 8:15		Muscle Lab	Colleen Kennedy	M
7:30 - 8:15		Pure Cycle.....	Joel Didow	SU
7:30 - 8:30		Yoga Body	Marizol Cabrera	B
8:30 - 9:15		miniBARRE.....	DK.....	S
8:30 - 9:15		K.A.R.B.	Leslie Zizinia	M
8:45 - 9:30	♂	Pure Cycle.....	Celeste Luke	SU
8:45 - 9:45		Yoga Flow	Marizol Cabrera	B
9:30 - 10:15		Muscles	Cathy Wertheimer	M
9:30 - 10:15	♂	Cutting EDGE	Melissa Shippy.....	S
9:30 - 10:30		Body Blast Circuit.....	Jarrod Marrs	BB
9:45 - 10:35		VideoSpin**	Hardy Pollard	SU
9:50 - 10:15		Yin Yoga & Therapy Balls	Marizol Cabrera	B
10:15 - 10:25	♂	Stop & Stretch	Melissa Shippy.....	S
10:30 - 11:15		Rhythm Step.....	Y.J. Garbo	M
10:30 - 11:20		Pilates On The BOSU	Maria Kelly	S
10:30 - 11:30	♂	Yoga Body	Nosa Edebor	B
11:30 - 12:15		BARRE off the BARRE	Y.J. Garbo	M
11:30 - 12:15		Muscle Basics	Stephanie Buck	S
12 - 1	♂AA	Yoga Therapy.....	Robert Boustany	B
12:15 - 1		Blitz	Andrew Chaddick.....	PZ
12:30 - 1:15	AA	Pilates Basics.....	Melinda Grunewald	M
12:45 - 1:45	RR	Bungee	Stephanie Buck	S
1:15 - 2:15		Yin Yoga	Jaclyn Streit	B
5 - 5:45		miniBARRE.....	Tyler Barbier	S
5:30 - 6:15		LIFT 45	Houstonian Team	M
6 - 7	♂AA	Yoga Stretch & Sound Journey	Stephanie McCarrey.....	B
6:15 - 7:15	♂	Classic Pilates	Erik Johnson	S
6:30 - 7:15		Zumba®	Shellah Ley	M

FRIDAY

6 - 7		Muscles.....	Eran Malone	M
6:15 - 7		Better Body Bootcamp	Matt McCullough.....	BB
7 - 7:45		Yoga Therapy.....	Larry Thraen	B
7:15 - 8:15		Step 150	Shanna Finucane	M
8 - 9		Healthy Backs Yoga	Steven Villanueva	B
8:30 - 9:15		Power Sculpt	Jaclyn Streit	M
8:30 - 9		K.A.R.B. 30	Tyler Barbier	S
8:45 - 9:30	♂	Pure Cycle.....	DK	SU
9:10 - 10:10		Kick Mix	Eran Malone	S
9:15 - 10:15	♂	Yoga Body	Steven Villanueva	B
9:25 - 10:10		BARRE off the BARRE	Maria Kelly.....	M
9:45 - 10:30		Rhythm Ride.....	Martica Heaner.....	SU
10:20 - 10:50		LIFT 30	Y.J. Garbo	M
10:20 - 11		Jump & Pump	Melissa Shippy.....	S
10:30 - 11:30		Yoga Flow	Marizol Cabrera	B
11 - 11:45		Muscles.....	Y.J. Garbo	M
11:10 - 11:55		Contemporary Pilates	Melinda Grunewald	S
12 - 12:45		Zumba	Tatiana Torrente	M
12 - 1		Yoga Body	Susy Crosser	B
1 - 1:45	AA	Muscles Basics	Joel Didow	M
1:15 - 2:15	AA	Yoga Stretch	Houstonian Team	B
1:15 - 2	AA	Just For Men	Chad Fuqua	S
2:20 - 2:45	♂AA	The Meditation Class.....	Houstonian Team	B
5 - 5:45		Pilates for Men	Erik Johnson	M
6 - 7		Yoga Bootcamp	Andrew Dugas	B

SATURDAY

7:15 - 8	♂	Muscles.....	Martica Heaner.....	M
8:15 - 9:15		Yoga Lab	Andrew Dugas.....	B
8:15 - 9:15		Cutting EDGE	Shanna Finucane	M
8:30 - 9:15		Pure Cycle.....	DK	SU
8:30 - 9:15		TRX	Lori Fazzini	S
9:30 - 10:15		Muscles.....	Y.J. Garbo	S
9:30 - 10:15		Rhythm Ride	Susy Crosser	SU
9:30 - 10:30	♂AA	Yoga Therapy.....	Andrew Dugas.....	B
9:30 - 10:30		Zumba®	Shellah Ley	M
10:30 - 11:20		VideoSpin**	Hardy Pollard	SU
10:30 - 11:30		Power Pilates	Melinda Grunewald	S
10:45 - 11:30		K.A.R.B Cardio.....	Y.J. Garbo	M
10:45 - 11:45		Yoga Power	Susy Crosser	B
11:45 - 12:30		miniBARRE.....	Melinda Grunewald	S
12 - 1	♂AA	Yoga Stretch	Houstonian Team	B
1 - 1:45		TRX	Steven Elizondo	S
2:30 - 3:30	♂	Yoga Body	Charlotte Morales.....	B

SUNDAY

8:30 - 9:15		Pure Cycle.....	Tyler Barbier	SU
8:45 - 9:45		Contemporary Pilates	Erik Johnson	M
8:45 - 9:40		Step 130	Ben Roberson	S
9:00 - 10:00		Yoga Body	Larry Thraen	B
9:45 - 10:20		K.A.R.B.....	Tyler Barbier	S
9:55 - 10:35		Arms & Abs.....	Joel Didow	M
10 - 10:45		VideoRide	Martica Heaner.....	SU
10:15 - 11:15		Yoga Power	Nosa Edebor	B
10:45 - 11:45		Urban Rebounding.....	Eran Malone	M
11 - 11:45		Cycle UNPLUGGED	Joel Didow	SU
11 - 11:45		miniBARRE.....	DK	S
11:30 - 12:30	♂AA	Yoga Stretch	Steven Villanueva	B
12 - 12:45		LIFT 30 + Hard Core	Joel Didow	M
12:30 - 1:30	RR	Bungee	Stephanie Buck	S
12:35 - 1	♂AA	The Meditation Class.....	Steven Villanueva	B
1 - 2		Zumba	Varelis Fis - Brunet	M
2 - 2:45		Foam Roller Yoga	Susy Crosser	B
3:15 - 4:15	♂	Yoga Power	Susy Crosser	B
4:30 - 5:30		Yoga Lab	Andrew Dugas	B
5:45 - 6:45	♂AA	Yoga Therapy	Andrew Dugas	B

B: Breathe M: Move ME: Meadow PZ: Performance Zone S: Strong SU: Surge
AA: Active Aging

TPG: Tennis Plaza Green

**Viewer Discretion ♂: Kids age 12–14 may attend with parent. RR: Reservation Required

