

## Monday

8:30 AM	TBC - Total Body Conditioning	Iveth Tamayo
9:30 AM	Cycle	Iveth Tamayo
5:30 PM	PiYo	Jessica Harwood

## Tuesday

6:00 AM	Early Bird Cycle	Taylor Pruzina
8:30 AM	EmpoweRyde	Jessica Leary
9:30 AM	POP Pilates	Jessica Leary
5:30 PM	CPR	Tracey Becker

## Wednesday

8:30 AM	TBC - Total Body Conditioning	Iveth Tamayo
9:30 AM	Biker Barre	Iveth Tamayo
6:00 PM	Yoga Flow	Jennifer Roseman

## Thursday

6:00 AM	Early Bird Cycle	Taylor Pruzina
8:30 AM	EmpoweRyde	Jessica Leary
9:30 AM	PiYo	Jessica Harwood
5:30 PM	Cycle	Leah Murphy

## Friday

8:30 AM	TBC - Total Body Conditioning	Iveth Tamayo
9:30 AM	Cycle	Iveth Tamayo

## Saturday

Cycle	Varies Each week
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### PUSH Co-Op Studio

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