



RIVER VALLEY RANCH



| Day | Time | Location | Class | Instructor |
|-----------------------|------------------|----------|-------------------------------|---------------|
| Monday 5/13 | | | | |
| NEW CLASS | 6:00-7:00 AM | Studio | PEAK Fitness | Jace |
| CANCELLED | 8:00-9:00 AM | Studio | Pilates for Everyone | Alexandra |
| | 9:30 - 10:30 AM | Studio | Strong & Stable | Bonnie |
| | 10:45 - 11:45 AM | Studio | Foundational Yoga | Wendy |
| Tuesday 5/14 | | | | |
| | 8:00 - 9:00 AM | Studio | Gentle Slow Flow | Sub TBD |
| | 9:30 - 10:30 AM | Studio | HIIT | Lauren |
| | 10:45 - 11:45 AM | Studio | Pilates Blend | Natalie |
| | 5:30 - 6:30 PM | Pool | Mater Swim | Dave |
| Wednesday 5/15 | | | | |
| NEW CLASS | 6:00-7:00 AM | Studio | PEAK Fitness | Jace |
| | 9:30 - 10:30 AM | Studio | Barre | Lauren |
| Thursday 5/16 | | | | |
| | 8:00 - 9:00 AM | Studio | Cycling + Upper Body Strength | Shaylee (sub) |
| | 9:30 - 10:30 AM | Studio | Dynamic Strength | Amanda |
| | 10:45 - 11:45 AM | Studio | Pilates Blend | Natalie |
| | 5:30 - 6:30 PM | Pool | Master Swim | Dave |
| Friday 5/17 | | | | |
| NEW CLASS | 6:00-7:00 AM | Studio | PEAK Fitness | Jace |
| | 8:00 - 9:00 AM | Studio | Gentle Slow Flow | Shelly (sub) |
| CANCELLED | 9:30-10:30 AM | Studio | Spin | Bonnie |
| | 10:45 - 11:45 AM | Studio | Pilates | Elly |
| Saturday 5/18 | | | | |
| | 9:00 - 10:00 AM | Studio | Ageless Athlete | John |
| Sunday 5/19 | | | | |
| | 4:30 - 5:30 PM | Studio | Restore & Renew Yoga | Sub TBD |