



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
<b>Monday 5/27</b>				
<b>NEW CLASS</b>	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Bonnie
<b>CANCELED</b>	<del>10:45 - 11:45 AM</del>	<del>Studio</del>	<del>Foundational Yoga</del>	<del>Wendy</del>
<b>Tuesday 5/28</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	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
<b>Wednesday 5/29</b>				
<b>NEW CLASS</b>	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	9:30 - 10:30 AM	Studio	Barre	Lauren
<b>Thursday 5/30</b>				
	8:00 - 9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
<b>Friday 5/31</b>				
<b>NEW CLASS</b>	6:00-7:00 AM	Studio	PEAK Fitness	Jace
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	Spin	Bonnie
	10:45 - 11:45 AM	Studio	Pilates	Elly
<b>Saturday 6/1</b>				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
<b>Sunday 6/2</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen