

	Sunday Class	Monday Class	Tuesday Class	Wednesday Class	Thursday Class	Friday Class	Saturday Class	Kick Off Time/Location
Club	Group Centergy 10 a.m.	Group Active 5:30 p.m.	R30 5:15 a.m.	Group Power 9:30 a.m.	Group Ride 6:30 p.m.	Gentle Yoga 9 a.m.	Bootcamp 10 a.m.	
144th	POP Pilates 10 a.m.	Zumba 5:30 p.m.	Group Power 5:30 p.m.	Group Active 5:30 p.m.	Group Active 9:15 a.m.	Buttz & Gutz 9:15 a.m.	Bootcamp 8:15 a.m.	5-7 p.m. Lobby
Aksarben	G-Cycle 10:30 a.m.	HIIT 4:30 p.m.	Group Power 5:30 p.m.	Group Blast 5:30 p.m.	Zumba 6:30 p.m.	Group Power 9:15a.m.	Bootcamp 11 a.m.	5-6:15 p.m. Lobby
Boardwalk		Group Active 5:15 a.m.	Group Fight 5:15 a.m.	G-Cycle 9:15 a.m.	Pound 6:15 a.m.	Group Power 5:15 a.m.	Bootcamp 11:30 a.m.	5-7 p.m. Lobby
Broken Arrow		Group Fight 6:30 p.m.	Group Active 6 p.m.	Group Power 5:30 p.m.	Group Core 5:30 p.m.	Yoga 10:30 a.m.	Bootcamp 10 a.m.	5-7 p.m. Lobby
Cass	Group Active 10:40 a.m.	G-Cycle 4:30 p.m.	Barre 6:30 p.m.	Group Active 6:30 p.m.	Group Power 9:15 a.m.	Group Power 5:30 a.m.	Bootcamp 11:45 a.m.	4:30-6:30 p.m. Lobby
East Central		Zumba 6:30 p.m.	Group Active 5:30 p.m.	Group Fight 12:15 p.m.	R30 8 a.m.	Power Yoga 12:15 p.m.	Bootcamp 11 a.m.	7 p.m. Lobby
Emporia		Group Power 5:30 p.m.	G-Cycle 12:15 p.m.		Group Active 5:30 p.m.		Bootcamp 10 a.m.	5:15 p.m. Lobby
Ft. Collins Club			G-Cycle Stages Flight 12pm		G-Cycle Stages Flight 12pm		Bootcamp 9:30 a.m.	5 p.m. Lobby
Hutch	Group Power 1 p.m.	Group Active 4:30 p.m.	R30 5:30 p.m.	Urban Groove 6:30 p.m.	Gentle Yoga 5:30 p.m.	Group Active 9:15 a.m.	Bootcamp 9 a.m.	5:30-7:30 p.m. Lobby
Ice Center		Group Active 5:30 p.m.	R30 5:30 p.m.	Group Power 5:30 p.m.	Bootcamp 6 p.m.	Gentle Yoga 12:15 p.m.	Bootcamp 9:30 a.m.	6 p.m. Lobby
Independence		Group Active 4:30 p.m.	G-Cycle 6:30 p.m.	Group Power 5:30 a.m.	Group Power 5:30 p.m.	Yoga 9:30 a.m.	Bootcamp noon	4-6 p.m. Lobby
Lawrence N	Yoga Flow 10 a.m.	Group Active 5:30 p.m.	Cardio Intervals 9 a.m.	Group Active 5:30 p.m.	Group Ride 6 p.m.	Dance Cardio 5:30 p.m.	Bootcamp 9 a.m.	5:15 p.m. Lobby
Lawrence S	Buttz & Gutz 10am	Group Power 5:30 p.m.	R30 6 p.m.	Group power 5:30 p.m.	Gentle Yoga 6:30pm	Group Fight 9 a.m.	Bootcamp 10 a.m.	6:30 p.m. Lobby
Leavenworth	Group Blast 10 a.m.	G-Cycle Exp. 5:30 p.m.	Group Active 8:30 a.m.	Yoga Flow 6 p.m.	Group Active 8:30 a.m.		Bootcamp 9 a.m.	4-5:15 p.m. Lobby
Lee's East		Zumba 5:30 p.m.	Water Exercise 6 p.m.	Group Active 10:15 a.m.	Group Power 5:30 a.m.	Group Fight 9:15 a.m.	Bootcamp 10 a.m.	5:15 p.m. GX Room
Lee's West		Group Power 5 p.m.		Silver Sneakers 11:15 a.m.	Group Active 10:15 a.m.	G-Cycle 10:15a	Bootcamp 12 p.m.	GC Room 4:45pm
Lee's West (second class)					Group Blast 6 p.m.			
Liberty		Group Active 10:30 a.m.	G Cycle Express 6 p.m.	Group Active 6 p.m.	Group Centergy 10:30 am	Group Active 5:15 a.m.	Bootcamp 12:15 p.m.	4:30-7 p.m. Lobby
LRC	Body Attack 4 p.m.	Kickboxing 6 p.m.	Gentle Yoga 9:30 a.m.	CXWorx 6:30 p.m.	Body Combat 5:15 a.m.	Group Ride 5:15 a.m.	Bootcamp 8 & 9:15 a.m.	5:30 p.m. Gym
Manhattan	Yoga 5:30 p.m.	Strong 30 5:30 pm	G-Cycle 9:15 a.m.	Group Power 6:30 p.m.	Group Centergy 5:30 p.m.	Group Active 4:45 p.m.	Bootcamp 11 a.m.	5 p.m. Lobby
McPh	Group Core 2:30 p.m.	Group Power 5:30 p.m.	Group Active 6:30 p.m.	R30 6:30 p.m.	Gentle Yoga 6:30 p.m.		Bootcamp 10 a.m.	5 p.m. Lobby
Merriam		Yoga Flow 6:45 p.m.	Group Fight 9:30 a.m.	Group Groove 5:30 p.m.	R30 7:15 p.m.	Group Power 9 a.m.	Bootcamp 11 a.m.	5:45 p.m. Tennis Lounge
Metcalf SS		Group Fight 5:30 p.m.	Group Power 5:30 p.m.	Group Ride noon	Group Blast 9 a.m.	Group Centergy 10 a.m.	Bootcamp 8 a.m.	6:30 p.m. Shake Bar/Lobby
Miramont Centerra			BodyPump noon		BodyFlow noon		Bootcamp 8:30 a.m.	5 p.m. Lobby
Miramont N	BodyPump 8:05 a.m.	Kickboxing 12:15 p.m.	Buti Yoga 4 p.m.	BodyPump 12:15pm		Zumba 10:25 a.m.	Bootcamp 10:30 a.m.	5 p.m. Lobby
Miramont S		Zumba 5:30 p.m.	Pilates Mat 8:05 a.m.	BodyPump 4:20 p.m.	Hatha Yoga 6:15 p.m.		Bootcamp 11 a.m.	5 p.m. Studio 2
O Street	Zumba noon	Group Power 5:15 a.m.	G-Cycle 5:30 p.m.	Yoga 5:30 p.m.	BootCamp 6:30 p.m.	Group Fight 5:30pm	Bootcamp 9 a.m.	4-6 p.m. Lobby
Olathe		Group Power 9 a.m.	Group Centergy 10 a.m.	Group Groove 4:30 p.m.	Group Active 5:30 p.m.	Group Fight 5:30 p.m.	Bootcamp 12 p.m.	5 p.m. Lobby
Overland Park		Group Power 6 p.m.	Group Core 5:30 p.m.	Group Power noon	Cycle 4:30 p.m.	Flexibility 10:30 a.m.	Bootcamp 9 a.m.	5:30 p.m. Studio A
Overland Park (second class)							Group Blast 8 a.m.	
Ridgeview	G-Cycle 11 a.m.	R30 noon	Flexibility 10:30 a.m.	Group Core 5 p.m.	Yoga Basics 8:30 a.m.	Group Active noon	Bootcamp 8 a.m.	5 & 6 p.m. Lobby
Ridgeview (second class)		Group Power 6:30 p.m.		Group Centergy 5:30 p.m.	R30 5:30 p.m.			
Rock Road	Gent Yoga 10:30	Group Ride 5:30 a.m.	Group Groove 6:45 p.m.	Barre 10 a.m.	Group Active 9 a.m.	Group Power 9 a.m.	Bootcamp 10 a.m.	7 p.m. Grandslam Room
Rock Road (second class)		Bootcamp 6:30 p.m.						
Salina	Group Power 11 a.m.	Group Groove 9:00 a.m.	Group Centergy 6:30 p.m.	Group Groove 6:30 p.m.	Group Centergy 10:00 a.m.	Group Active 9 a.m.	Bootcamp 11 a.m.	6 p.m. Grandslam room
Shadow Lake		MixedFit 6:30 p.m.	G-Cycle Express 8:30 a.m.	Group Power 8:30 a.m.	Pop Pilates 6:30 p.m.	BootCamp Express 5:15a.m.	Bootcamp 7 a.m.	5 p.m. Lobby
Sprague	Boot Camp 8:30 a.m.	Group Active 8:30 a.m.	Yoga 7:30 p.m.	Cardio Kick 8:30 a.m.	Barre 6:30 a.m.	Group Power 5:15a.m.	Bootcamp 8 a.m.	4:30pm/Ironworks
SpringN		BodyPump 6 a.m.	BodyFlow 7:30 p.m.	Zumba 10 a.m.	Combat/Cx 6:30 p.m.	BodyCombat 5:30p	Bootcamp 11 a.m.	5:30 p.m. South Studio B
SpringS		Zumba 5:30 p.m.	Barre 5:30 p.m.	BodyPump 10 a.m.	Body Flow 10 a.m.	R30 noon & 12:30pm	Bootcamp 11 a.m.	5:30 p.m. South Studio B
St. Joseph	Group Active 1:00 p.m.	Group Power 6:30 p.m.	HIIT & Core 5:15 a.m.	Group Ride/Blast 5:30 p.m.		Group Power 9:30 a.m.	Bootcamp 10 a.m.	4:30-7 p.m. lobby
Tara	Bootcamp 9:15 a.m.	G-Cycle 6:30 a.m.	Group Power 5:30 a.m.	Group Blast 9 a.m.	Group Fight 9 a.m.	Group Active 9 a.m.	Bootcamp 7:30 a.m.	5 p.m. GX Studio
Topeka N	Group Ride 9:15 a.m.	Group Fight 5:45 p.m.	Group Centergy 6:45 p.m.	Group Core 5:15 p.m.	Group Active 5:30 p.m.	Group Power 5:30 p.m.	Bootcamp 11 a.m.	5:30 p.m. GX Studio A
Topeka SW	Zumba 1:30 p.m.	Group Power 12:00 p.m.	R30 5 p.m.	Group Centergy 6:30 p.m.	Group Active noon	R30 9 a.m.	Bootcamp 8 a.m.	6 p.m. Lobby
Vivion		Group Fight 10:30 a.m.	Group Centergy 6:30 p.m.	Group Active 5:30 p.m.	none	Group Power 10:30 a.m.	Bootcamp 11 a.m.	5:15 p.m. Group X room
W13		Group Power 5:30 p.m.	Yoga 9:15 a.m.	Group Active 12:15 p.m.	Group Power 9:15 a.m.	FitLife 9:15 a.m.	Bootcamp 10 a.m.	5 p.m. Lobby
Ward Parkway	Group Ride 11:00 a.m.	Group Centergy 7:30 p.m.	Group Groove 9 a.m.	Yoga Basics 11 a.m.	Group Active 5:30 p.m.	Group Power 5:30 p.m.	Bootcamp 11 a.m.	5:15 p.m. GX studio
West Central	Gentle Yoga 2 p.m.	Group Centergy 9:15 a.m.	Group Active 5:30 pm	Group Power 5:30 pm	Group Ride 5:45 pm	Group Ride 5:15 a.m.	Bootcamp/Aqua BC 9 a.m.	7 p.m. Lobby
Westroads	Vinyasa Yoga 10:15 a.m.	Group Power 5:30 p.m.	Pilates 5:30 p.m.	Barre 12:15 noon	Group Groove 6:30 p.m.	Group Power 5:15a.m.	Bootcamp 9:15 a.m.	5 p.m. Lobby
Woodland Hills	Group Power 2:00 p.m.	Group Active 9:00 a.m.	Group Core 11 a.m.	G-Cycle 6 p.m.	Group Active 5:30 p.m.	Group Power 9 a.m.	Bootcamp 9a.m.	5-8 p.m. Lobby