



SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 12/29/2014



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
5:00-12:00 FitSmart	Personal Training Team **	5:30-6:30 Studio 2	Cycle Kathy F	<i>New Years Eve</i> Sky Fitness Hours 5:00am-3:00pm Kidz In Motion Hours 8:00am-12:00pm		<i>New Years Day</i> Sky Fitness Hours 9:00am-3:00pm Kidz In Motion Hours 9:00am-12:00pm		5:00-12:00 FitSmart	Personal Training Team **	6:00-9:30 FitSmart	Personal Training ** Kane/Team	8:00-9:00 Studio 2	Cycle Carol			
5:30-6:30 Studio 1	Group Power Bridgette	7:00-8:00 Pool	Smooth Seas Laurie					5:30-6:30 Studio 1	Group Active Melissa	7:00-8:00 Studio 2	Cycle Joe	8:30-9:30 Studio 1	Group Blast Keri			
7:00-8:15 Avani Yoga	Energy All Day Olga	8:00-9:00 FitSmart	Personal Training Leslye **					7:00-8:15 Avani Yoga	Energy All Day Olga	8:00-9:00 Studio 1	Group Power Bev	9:00-10:15 Studio 2	Open Spin			
8:30-9:30 Studio 1	Strength & Sculpt Bev	8:30-9:30 Studio 1	Tabata Interval & Abs Connie					8:30-9:30 Studio 1	Ball Conditioning Jane/Bev	8:00-9:00 Studio 2	Open Spin	9:00-10:15 Avani Yoga	Yoga 1 Sarah			
9:00-10:00 Move Strong	<i>MoveStrong</i> FT Mike	9:30-10:30 Agni Yoga	Hot Yoga ** Werner					9:00-10:00 Move Strong	<i>MoveStrong</i> FT Bev	8:30-9:45 Avani Yoga	Vinyasa Yoga 2 Ruth Ann	9:00-10:00 Move Strong	<i>MoveStrong</i> FT Alex			
9:00-10:00 Pool	Total Splash Carl	9:30-10:15 Therapy Pool	Warm Water ** Ellen	7:00-8:15 Avani Yoga	Kundalini Yoga Michelle	9:15-10:15 Pool	Total Splash Laurie	9:00-10:00 Pool	Half & Half! Edie	9:00-10:00 Pool	Total Splash Laurie	9:30-10:45 Agni Yoga	Power Vinyasa ** Jamie			
9:30-10:45 Avani Yoga	Alignment Yoga 1 Allison	9:35-10:35 Studio 1	Group Active Laurie	8:00-9:00 Studio 2	Cycle Kathy	9:30-10:30 Studio 2	Cycle Connie	9:30-10:30 Agni Yoga	Hot Yoga ** Erynn	9:00-10:00 Move Strong	<i>MoveStrong</i> FT Mike	9:30-10:30 Pool	Athletic Training Carl			
9:30-10:15 Therapy Pool	Warm Water ** Judy	9:40-10:40 Studio 2	Open Spin	8:30-9:30 Studio 1	Group Power Bridgette	10:00-11:00 Studio 1	Group Kick Mindy	9:30-10:45 Avani Yoga	Vinyasa Yoga 2 Nickie	9:05-10:05 Studio 1	Group Groove Jane	9:35-10:35 Studio 1	Group Power Yelena			
9:30-10:30 Agni Yoga	Yoga Sculpt ** Erynn	10:30-11:15 Therapy Pool	Warm Water ** Paula	9:00-10:00 Move Strong	<i>MoveStrong</i> FT Mike	10:15-11:00 Therapy Pool	Warm Water ** Laurie	9:35-10:35 Studio 2	Cycle Angie	9:10-10:10 Studio 2	Group Ride Bev	10:30-11:45 Avani Yoga	Yoga 2-3 Sarah			
9:35-10:35 Studio 2	Group Ride Bev	10:40-11:40 Studio 1	Zumba Arleta	9:30-10:45 Agni Yoga	Hot Vinyasa ** Ruth Ann	10:30-11:45 Avani Yoga	New Year Vinyasa Nickie	10:15-11:00 Therapy Pool	Group Blast Bridgette	9:30-10:30 Agni Yoga	Yoga Sculpt ** Maureen	10:40-11:40 Studio 1	Zumba Luba			
9:35-10:35 Studio 1	Group Blast Melissa (Step)	10:45-11:45 Pool	Smooth Seas Laurie	9:35-10:05 Studio 1	Group Core Bridgette	11:05-12:05 Studio 1	Barre Sculpt Rebekah	10:15-11:00 Therapy Pool	Warm Water ** Edie	10:00-11:15 Avani Yoga	Yoga 1-2 Bruce					
10:40-11:40 Studio 1	Ball Conditioning Susan	11:15-12:30 Avani Yoga	Alignment Yoga 1-2 Jayne	10:10-11:10 Studio 1	Group Blast Keri (Step)	12:00-1:00 Agni Yoga	Hot Detox Vinyasa ** Werner	10:40-11:40 Studio 1	Zumba Kortnee	10:15-11:15 Studio 1	Group Active Bev					
11:15-12:30 Avani Yoga	Gentle Yoga (All) Allison	11:45-12:45 Studio 1	Light & Low Paula	10:15-11:00 Therapy Pool	Warm Water ** Dale			11:15-12:00 Therapy Pool	Warm Water ** Edie	10:30-11:15 Therapy Pool	Warm Water ** Laurie					
11:15-12:00 Therapy Pool	Warm Water ** Dale			11:00-12:15 Avani Yoga	Restore & Renew(All) Ruth Ann			11:30-12:30 Avani Yoga	Chair Yoga Karen/Marcia	11:15-12:00 Pool	Smooth Seas Laurie					
11:45-12:45 Studio 1	Trim & Tone Paula							12:00-1:00 Studio 1	Aerial Yoga ** Mary	11:30-12:45 Avani Yoga	Yin Yoga 1 Bruce					
1:00-2:00 FitSmart	Personal Training Leslye **							1:00-1:45 Therapy Pool	Warm Water ** Paula							
1:00-1:45 Therapy Pool	Warm Water ** Paula															
1:00-1:45 Avani Yoga	Lunch Time Yoga Nickie															
5:00-6:00 FitSmart	Personal Training Leslye **															
5:30-6:30 Move Strong	<i>MoveStrong</i> FT Mike															
5:30-6:30 Studio 1	Group Power Laurie	4:45-6:00 Studio 2	Open Spin													
5:30-6:15 Therapy Pool	Warm Water ** Rita	5:30-6:30 Studio 1	Group Kick Mindy					5:30-6:30 Avani Yoga	Friday Vinyasa Rotation							
6:00-7:00 Studio 2	Cycle Carol	6:15-7:30 Agni Yoga	Power Vinyasa ** Jamie													
6:00-7:00 Agni Yoga	Power Hour ** Nina	6:35-7:35 Studio 1	Barre Sculpt Rebekah													
6:15-7:30 Avani Yoga	Vinyasa Yoga 1-2 Nickie	6:30-7:45 Avani Yoga	Yoga 2-3 Sarah													
6:35-7:35 Studio 1	Zumba Velina	8:00-9:00 Studio 1	Aerial Yoga ** Sarah													
											Sky Fitness is located at 1501 Busch Parkway, Buffalo Grove, IL 60089 (847)229-0292					
										See our websites: www.sky-fitness.com www.avaniyoga.com www.agnihotyoga.com						
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