

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00-12:00 FitSmart	Personal Training Team **			5:00-12:00 FitSmart	Personal Training Team **			5:00-12:00 FitSmart	Personal Training Team **	6:00-9:30 FitSmart	Personal Training ** Kane/Team		
5:30-6:30 Studio 1	Group Power Melissa	5:30-6:30 Studio 2	Cycle Kathy F	5:30-6:30 Studio 1	Group Power Bridgette	5:30-6:30 Studio 2	Cycle/Group Ride Mark./Lisa	5:30-6:30 Studio 1	Group Centergy Melissa	8:00-9:00 Studio 2	Spivi OPEN Cycle *	8:00-9:00 Studio 2	Cycle Carol
7:00-8:15 Avani Yoga	Hathalini Olga	7:00-8:00 Pool	Smooth Seas Laurie	7:00-8:15 Avani Yoga	Kundalini Yoga Michelle	7:00-8:00 Pool	Total Splash Laurie	7:00-8:15 Avani Yoga	Hathalini Olga	8:00-9:00 Studio 1	Group Power Bev	8:30-9:30 Studio 1	Group Blast (Step) Keri
8:30-9:30 Studio 1	Pilates Plus! Janine	8:30-9:30 Studio 1	Tabata & Core Connie	8:30-9:30 Studio 1	Group Power Yelena	8:30-9:30 Studio 1	Group Active Connie	8:30-9:30 Studio 1	Ball Conditioning Jane	8:30-9:45 Avani Yoga	Vinyasa Yoga Ruth Ann	9:00-10:15 Avani Yoga	Yoga 1/2 Pavla
9:00-10:00 Move Strong	MoveStrong Mike	9:30-10:15 Therapy Pool	Warm Water ** Ellen	9:00-10:00 Move Strong	MoveStrong Mike	9:30-10:45 Avani Yoga	Iyengar Yoga Continuing Jayne	9:00-10:00 Pool	Half & Half! Carl	9:00-10:00 Pool	Total Splash Laurie/Karen	9:00-10:00 Studio 2	Spivi OPEN Cycle *
9:00-10:00 Pool	Total Splash Carl	9:30-10:30 Agni Yoga	Hot Yoga ** Werner	9:30-10:45 Agni Yoga	Slow Flow ** Ruth Ann	9:30-10:15 Therapy Pool	Warm Water ** Ellen	9:30-10:30 Agni Yoga	Hot Yoga ** Katie	9:00-10:00 Move Strong	MoveStrong Mike	9:00-10:00 Move Strong	MoveStrong Sam
9:30-10:45 Avani Yoga	Alignment Yoga 1 Allison	9:35-10:35 Studio 1	Group Power Laurie	9:30-10:30 Pool	H2O Training Carl	9:35-10:35 Studio 1	Group Centergy Lisa	9:30-10:45 Avani Yoga	Vinyasa Yoga 2 Nickie	9:05-10:05 Studio 1	Group Groove Jane	9:30-10:45 Agni Yoga	Power Vinyasa ** Jamie
9:30-10:15 Therapy Pool	Warm Water ** Judy	9:35-10:35 Studio 2	Spivi OPEN Cycle *	9:35-10:35 Studio 2	Group Ride Lisa	9:35-10:35 Studio 2	Spivi OPEN Cycle *	9:35-10:35 Studio 2	Spivi OPEN Cycle *	9:10-10:10 Studio 2	Group Ride Bev	9:30-10:30 Pool	Athletic Training Carl
9:30-10:30 Agni Yoga	Warm Vinyasa ** Nickie	10:40-11:40 Studio 1	Zumba Rugiya	9:35-10:35 Studio 1	WerQ! NEW!! Jane	10:30-11:30 Pool	Smooth Seas Kathy M	9:35-10:35 Studio 1	Group Fight (Kick Boxing) Mindy	9:30-10:30 Agni Yoga	Warm Vinyasa** Vicki	9:35-10:35 Studio 1	Group Power Yelena
9:35-10:35 Studio 2	Group Ride Bev	10:45-11:45 Pool	Smooth Seas Laurie	10:15-11:00 Therapy Pool	Warm Water** Judy	10:30-11:15 Therapy Pool	Warm Water ** Laurie	10:15-11:00 Therapy Pool	Warm Water ** Edie	10:00-11:15 Avani Yoga	Yoga 1-2 Bruce	10:30-11:45 Avani Yoga	Restore, Reflect, Evolve Pavla
9:35-10:35 Studio 1	Group Active Melissa	11:15-12:30 Avani Yoga	Iyengar Yoga Beg Jayne	10:40-11:40 Studio 1	Pilates Plus Janine	10:40-11:40 Studio 1	Ball Conditioning Susan	10:40-11:40 Studio 1	Zumba Arleta	10:15-11:15 Studio 1	Group Centergy Marisa/Rebekah	10:40-11:40 Studio 1	Zumba Luba
10:40-11:40 Studio 1	Ball Conditioning Susan	11:45-12:45 Studio 1	Light & Low Paula	11:15-12:30 Avani Yoga	Gentle Yoga Ruth Ann	11:15-12:30 Avani Yoga	Yoga For Every Body Marcia	11:15-12:00 Therapy Pool	Warm Water ** Edie	10:30-11:30 Move Strong	MoveStrong NEW! Bev		
11:15-12:30 Avani Yoga	Gentle Yoga (All) Allison			11:15-12:00 Therapy Pool	Warm Water** Judy	11:15-12:00 Therapy Pool	Warm Water** Judy	11:30-12:30 Avani Yoga	Chair Yoga Karen/Marcia	10:30-11:15 Therapy Pool	Warm Water ** Laurie/Karen	12:15-1:15 Studio 1	Tai Chi ** 8 week Sifu Baron
11:15-12:00 Therapy Pool	Warm Water ** Judy			11:45-12:45 Studio 1	Total Strength Paula					11:15-12:00 Pool	Smooth Seas Laurie/Karen		
11:45-12:45 Studio 1	Trim & Tone Paula	12:00-12:40 Agni Yoga	LunchTime Yoga NEW Nickie	12:00-12:30 Studio 2	R30 (Cycle) NEW! Heather	12:00-12:40 Agni Yoga	LunchTime Yoga NEW! Nickie	12:00-12:30 Studio 1	Group Core NEW! Yelena	11:30-12:45 Avani Yoga	Yin Yoga 1 Bruce		
1:00-1:45 Therapy Pool	Warm Water ** Paula			1:00-1:45 Therapy Pool	Warm Water ** Paula			1:00-1:45 Therapy Pool	Warm Water ** Paula				
5:30-6:15 Move Strong	MoveStrong Lite Mike					4:45-6:00 Studio 2	Spivi OPEN Cycle *			11:30-12:30 Studio 1	Aerial Yoga ** 2-3 Times a month		
5:30-6:30 Studio 1	Group Power Laurie	4:45-6:00 Studio 2	Spivi OPEN Cycle *			5:30-6:30 Move Strong	MoveStrong Mike	5:30-6:30 Avani Yoga	Friday Vinyasa Yoga Rotation	Sky Fitness is located at 1501 Busch Parkway, Buffalo Grove, IL 60089 (847)229-0292 www.skyfitnesschicago.com * = Check in with our Fitness Desk to Set-up Cycle Studio ** = Pre-Registration and/or Payment required Find us on: Facebook, Instagram , & Twitter!			
5:30-6:15 Therapy Pool	Warm Water ** Rita	5:30-6:30 Studio 1	Group Fight Mindy	5:30-6:30 Studio 1	Group Active Connie	5:30-6:30 Studio 1	Group Power Carol						
6:00-7:00 Studio 2	Cycle Carol	6:15-7:30 Agni Yoga	Feel Good Yoga ** Tabatha	5:30-7:00 Studio 2	Spivi OPEN Cycle *	5:30-6:15 Therapy Pool	Warm Water ** Jodi						
6:15-7:30 Avani Yoga	Vinyasa Yoga 1-2 Nickie	6:30-7:45 Avani Yoga	Yoga 2-3 Mary	6:15-7:15 Agni Yoga	Yoga Sculpt ** Katie	6:15-7:15 Agni Yoga	Feel Good Warm Yoga** Tabatha	6:00-7:00 Studio 1	Aerial Yoga 101 1 Time a month				
6:15-7:15 Agni Yoga	Power Hour ** Nina	6:35-7:35 Studio 1	Group Centergy Rebekah	6:15-7:30 Avani Yoga	Yin Infused Yoga Natasha	6:30-7:45 Avani Yoga	Yoga 1-2 Mary	6:30-7:30 Studio 1	Dance Party 4 A Cause! 1 Time a month				
6:35-7:35 Studio 1	Zumba Velina	7:00-7:45 Move Strong	MoveStrong Lite NEW! Danielle	7:15-8:15 Move Strong	MoveStrong NEW! Sam	6:35-7:35 Studio 1	Zumba Mirla/Luba	7:00-8:15pm Avani Yoga	Living Soundtrack Yoga 1 Time a month				