



SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 1/04/2015



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-12:00 FitSmart Personal Training Team **	5:30-6:30 Studio 2 SPiVi Cycle Kathy F	5:00-12:00 FitSmart Personal Training Team **	5:30-6:30 Studio 2 SPiVi Cycle Kathy F	5:00-12:00 FitSmart Personal Training Team **	6:00-9:30 FitSmart Personal Training ** Kane/Team	8:00-9:00 Studio 2 SPiVi Cycle Brenda
5:30-6:30 Studio 1 Group Power Bridgette	7:00-8:00 Pool Smooth Seas Laurie	5:30-6:30 Studio 1 Group Power Bridgette	7:00-8:00 Pool Total Splash Laurie	5:30-6:30 Studio 1 Group Active Melissa	7:00-8:00 Studio 2 SPiVi Cycle Joe	8:30-9:30 Studio 1 Group Blast (Step) 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 Kundalini Yoga Michelle	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 SPiVi 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 Group Power Yelena	8:30-9:30 Studio 1 Group Active Connie	8:30-9:30 Studio 1 Ball Conditioning Jane	8:00-9:00 Studio 2 SPiVi Open Spin	9:00-10:15 Avani Yoga Yoga 1 Sarah
9:00-10:00 Move Strong MoveStrong FT Mike	9:30-10:30 Agni Yoga Hot Yoga ** Werner	9:00-10:00 Move Strong MoveStrong FT Mike	9:30-10:30 Agni Yoga Yoga Sculpt ** Jamie	9:00-10:00 Move Strong MoveStrong FT Bev	8:30-9:45 Avani Yoga Vinyasa Yoga 2 Ruth Ann	9:00-10:00 Move Strong MoveStrong FT Alex
9:00-10:00 Pool Total Splash Carl	9:30-10:15 Therapy Pool Warm Water ** Ellen	9:30-10:45 Agni Yoga Slow Flow ** Ruth Ann	9:30-10:15 Therapy Pool Warm Water ** Ellen	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	9:30-10:30 Pool H2O Training Susan	9:35-10:35 Studio 1 Group Centergy Lisa	9:30-10:30 Agni Yoga Hot Yoga ** Erynn	9:00-10:00 Move Strong MoveStrong 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 SPiVi Open Spin	9:35-10:35 Studio 2 Group Ride Lisa	9:35-10:35 Studio 2 SPiVi Cycle Connie	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	9:35-10:05 Studio 1 Group Core Bev	10:30-11:30 Pool Smooth Seas Kathy M	9:35-10:35 Studio 2 SPiVi 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	9:35-10:35 Basketball Group Groove Marisa	10:30-11:15 Therapy Pool Warm Water ** Laurie	9:35-10:35 Studio 1 Freestyle Step Jane	9:30-10:30 Agni Yoga Yoga Sculpt ** Maureen	10:30-11:30 FitSmart Tai Chi 1 ** Joe
9:35-10:35 Studio 1 Group Blast(Step) Melissa	10:45-11:45 Pool Smooth Seas Laurie	10:05-10:35 Studio 1 Boot Camp Bev	10:40-11:40 Studio 1 Ball Conditioning/Cardio Susan	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 Zumba Luba
10:40-11:40 Studio 1 Ball Conditioning Susan	11:15-12:30 Avani Yoga Alignment Yoga 1-2 Jayne	10:15-11:00 Therapy Pool Warm Water** Team	11:15-12:30 Avani Yoga Yoga For Every Body Marcia	10:40-11:40 Studio 1 Zumba Kortnee	10:00-11:00 FitSmart Mighty Body Band ** Olga	11:45-12:45 Studio 1 Tai Chi 2 ** Joe
11:15-12:30 Avani Yoga Gentle Yoga (All) Allison	11:45-12:45 Studio 1 Light & Low Paula	10:40-11:40 Studio 1 Pilates Plus Janine	11:45-12:45 Studio 1 Light & Low Kathy M	11:15-12:00 Therapy Pool Warm Water ** Edie	10:15-11:15 Studio 1 Group Active Bev	
11:15-12:00 Therapy Pool Warm Water ** Dale		11:15-12:30 Avani Yoga Gentle Yoga Ruth Ann		11:30-12:30 Avani Yoga Chair Yoga Karen/Marcia	10:30-11:15 Therapy Pool Warm Water ** Laurie	
11:45-12:45 Studio 1 Trim & Tone Paula		11:15-12:00 Therapy Pool Warm Water** Team		12:00-1:00 Studio 1 Aerial Yoga ** Mary	11:15-12:00 Pool Smooth Seas Laurie	
1:00-2:00 FitSmart Personal Training Leslye **		11:45-12:45 Studio 1 Total Strength Paula		1:00-1:45 Therapy Pool Warm Water ** Paula	11:30-12:45 Avani Yoga Yin Yoga 1 Bruce	
1:00-1:45 Therapy Pool Warm Water ** Paula		1:00-2:00 FitSmart Personal Training Leslye **				
1:00-1:45 Avani Yoga Lunch Time Yoga Nickie		1:00-1:45 Therapy Pool Warm Water ** Paula				
5:00-6:00 FitSmart Personal Training Leslye **		1:00-1:45 Avani Yoga Lunch Time Yoga Nickie	4:45-6:00 Studio 2 SPiVi Open Spin			
5:30-6:30 Move Strong MoveStrong FT Mike			5:30-6:30 Move Strong MoveStrong FT Mike			
5:30-6:30 Studio 1 Group Power Laurie	4:45-6:00 Studio 2 SPiVi Open Spin	5:00-6:00 FitSmart Personal Training Leslye **	5:30-6:30 Studio 1 Group Power Carol	5:30-6:30 Avani Yoga Friday Vinyasa Mary/Ruth Ann/Marcia		
5:30-6:15 Therapy Pool Warm Water ** Rita	5:30-6:30 Studio 1 Group Kick Mindy	5:30-6:30 Studio 1 Group Active Connie	5:30-6:15 Therapy Pool Warm Water ** Jodi			
6:00-7:00 Studio 2 SPiVi Cycle Carol	6:15-7:30 Agni Yoga Power Vinyasa ** Jamie	6:00-7:00 Studio 2 Group Ride Beth	6:15-7:30 Agni Yoga Power Hour ** Werner			
6:00-7:00 Agni Yoga Power Hour ** Nina	6:35-7:35 Studio 1 Barre Sculpt Rebekah	6:00-7:00 Agni Yoga Power Hour ** Erynn	6:30-7:45 Avani Yoga Yoga 1-2 Mary			
6:15-7:30 Avani Yoga Vinyasa Yoga 1-2 Nickie	6:30-7:45 Avani Yoga Yoga 2-3 Sarah	6:15-7:30 Avani Yoga Yin Infused Yoga Natasha	6:30-7:30 FitSmart Tai Chi 1-2 ** Joe			
6:35-7:35 Studio 1 Zumba Velina	8:00-9:00 Studio 1 Aerial Yoga ** Sarah	6:35-7:35 Studio 1 Group Centergy Rebekah	6:35-7:35 Studio 1 Zumba Carly			



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

** = Pre-Registration and/or Payment required

Find us on: Facebook, Instagram , & Twitter