



SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 12/22/2014



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
5:30-6:30 Studio 1	Group Power Bridgette	7:00-8:00 Pool	Smooth Seas Laurie
7:00-8:15 Avani Yoga	Energy All Day Olga	8:00-9:00 FitSmart	Personal Training Leslye **
8:30-9:30 Studio 1	Strength & Sculpt Bev	8:30-9:30 Studio 1	Tabata Interval & Abs Connie
9:00-10:00 Move Strong	MoveStrong FT Mike	9:30-10:30 Agni Yoga	Hot Yoga ** Werner
9:00-10:00 Pool	Total Splash Carl	9:30-10:15 Therapy Pool	Warm Water ** Ellen
9:30-10:45 Avani Yoga	Alignment Yoga 1 Ruth Ann	9:35-10:35 Studio 1	Group Active Laurie
9:30-10:15 Therapy Pool	Warm Water ** Judy	9:40-10:40 Studio 2	SPiVi Open Spin
9:30-10:30 Agni Yoga	Yoga Sculpt ** Erynn	10:30-11:15 Therapy Pool	Warm Water ** Paula
9:35-10:35 Studio 2	Group Ride Bev	10:40-11:40 Studio 1	Zumba Arleta
9:35-10:35 Studio 1	Group Blast Melissa	10:45-11:45 Pool	Smooth Seas Laurie
10:40-11:40 Studio 1	Ball Conditioning Susan	11:15-12:30 Avani Yoga	Alignment Yoga 1-2 Jayne
11:15-12:30 Avani Yoga	Gentle Yoga (All) Ruth Ann	11:45-12:45 Studio 1	Light & Low Paula
11:15-12:00 Therapy Pool	Warm Water ** Dale		
11:45-12:45 Studio 1	Trim & Tone Paula		
1:00-2:00 FitSmart	Personal Training Leslye **		
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	MoveStrong FT Mike		
5:30-6:30 Studio 1	Group Power Laurie	4:45-6:00 Studio 2	SPiVi Open Spin
5:30-6:15 Therapy Pool	Warm Water ** Rita	5:30-6:30 Studio 1	Group Kick Mindy
6:00-7:00 Studio 2	SPiVi 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

Christmas Eve

Sky Fitness Hours
5:00am-3:00pm

Kidz In Motion Hours
8:00am-12:00pm

6:00-7:00
Studio 2 **SPiVi Cycle**
Kathy

7:00-8:15
Avani Yoga **Kundalini Yoga**
Maria

8:30-9:30
Studio 1 **Group Power**
Yelena

9:00-10:00
Move Strong **MoveStrong FT**
Sydney

9:30-10:45
Agni Yoga **Hot Vinyasa ****
Ruth Ann

9:30-10:30
Pool **H2O Training**
Susan

9:35-10:05
Studio 1 **Group Core**
Bev

10:10-11:10
Studio 1 **Group Kick**
Bridgette

10:15-11:00
Therapy Pool **Warm Water****
Paula

11:00-12:15
Avani Yoga **Restore & Renew(All)**
Ruth Ann

11:15-12:15
Studio 1 **Total Strength**
Paula

Christmas Day

Sky Fitness is closed

5:00-12:00 FitSmart	Personal Training Team **
7:00-8:15 Avani Yoga	Energy All Day Olga
8:30-9:30 Studio 1	Ball Conditioning Jane
9:00-10:00 Move Strong	MoveStrong FT Bev
9:00-10:00 Pool	Half & Half! Edie
9:30-10:30 Agni Yoga	Hot Yoga ** Erynn
9:30-10:45 Avani Yoga	Vinyasa Yoga 2 Nickie
9:35-10:35 Studio 2	SPiVi Cycle Angie
9:35-10:35 Studio 1	Group Blast Bridgette
10:15-11:00 Therapy Pool	Warm Water ** Edie
10:40-11:40 Studio 1	Zumba Kortnee
11:15-12:00 Therapy Pool	Warm Water ** Edie
11:30-12:30 Avani Yoga	Chair Yoga Karen
12:00-1:00 Studio 1	Aerial Yoga ** Mary
1:00-1:45 Therapy Pool	Warm Water ** Paula
5:30-6:30 Avani Yoga	Friday Vinyasa Mary

6:00-9:30 FitSmart	Personal Training ** Kane/Team
7:00-8:00 Studio 2	SPiVi Cycle Joe
8:00-9:00 Studio 1	Group Centergy Lisa
8:00-9:00 Studio 2	SPiVi Open Spin
8:30-9:45 Avani Yoga	Vinyasa Yoga 2 Ruth Ann
9:00-10:00 Pool	Total Splash Laurie
9:00-10:00 Move Strong	MoveStrong FT Mike
9:05-10:05 Studio 1	Group Groove Jane
9:10-10:10 Studio 2	Group Ride Bev
9:30-10:30 Agni Yoga	Yoga Sculpt ** Maureen
10:00-11:15 Avani Yoga	Yoga 1-2 Bruce
10:15-11:15 Studio 1	Group Active Melissa
10:30-11:15 Therapy Pool	Warm Water ** Laurie
11:15-12:00 Pool	Smooth Seas Laurie
11:30-12:45 Avani Yoga	Yin Yoga 1 Bruce
11:30-12:45 Avani Yoga	Yin Yoga 1 Bruce
Schedule Change for this week only! Group Power will be back next Saturday	

8:00-9:00 Studio 2	SPiVi Cycle Brenda
8:30-9:30 Studio 1	Group Blast Keri
9:00-10:15 Studio 2	SPiVi Open Spin
9:00-10:15 Avani Yoga	Yoga 1 Sarah
9:00-10:00 Move Strong	MoveStrong FT Alex
9:30-10:45 Agni Yoga	Power Vinyasa ** Jamie
9:30-10:30 Pool	Athletic Training Carl
9:35-10:35 Studio 1	Group Power Yelena
10:30-11:45 Avani Yoga	Yoga 2-3 Sarah
10:40-11:40 Studio 1	Zumba Luba
10:40-11:40 Studio 1	Zumba Luba

**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