

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:00-12:00 FitSmart 5:30-6:30 Studio 1 7:00-8:15 Avani Yoga 8:30-9:30 Studio 1 9:00-10:00 Move Strong 9:00-10:00 Pool 9:30-10:45 Avani Yoga 9:30-10:15 Therapy Pool 9:30-10:30 Agni Yoga 9:35-10:35 Studio 2 9:35-10:35 Studio 1 10:40-11:40 Studio 1 11:15-12:30 Avani Yoga 11:15-12:00 Therapy Pool 11:45-12:45 Studio 1 1:00-2:00 FitSmart 1:00-1:45 Therapy Pool 1:00-1:45 Avani Yoga 5:00-6:00 FitSmart 5:30-6:30 Move Strong 5:30-6:30 Studio 1 5:30-6:15 Therapy Pool 6:00-7:00 Studio 2 6:00-7:00 Agni Yoga 6:15-7:30 Avani Yoga 6:35-7:35 Studio 1	Personal Training Team ** Group Power Bridgette Energy All Day Olga Strength & Sculpt Jodi MoveStrong FT Mike Total Splash Carl Alignment Yoga 1 Ruth Ann Warm Water ** Judy Yoga Sculpt ** Erynn Group Ride Joe Group Blast Melissa Ball Conditioning Susan Gentle Yoga (All) Ruth Ann Warm Water ** Dale Trim & Tone Paula Personal Training Leslye ** Warm Water ** Paula Lunch Time Yoga Nickie Personal Training Leslye ** MoveStrong FT Mike Group Power Laurie Warm Water ** Rita SPiVi Cycle Lisa Power Hour ** Nina Vinyasa Yoga 1-2 Nickie Zumba Velina	5:30-6:30 Studio 2 7:00-8:00 Pool 8:00-9:00 FitSmart 8:30-9:30 Studio 1 9:30-10:30 Agni Yoga 9:30-10:15 Therapy Pool 9:35-10:35 Studio 1 9:40-10:40 Studio 2 10:30-11:15 Therapy Pool 10:40-11:40 Studio 1 10:45-11:45 Pool 11:15-12:30 Avani Yoga 11:45-12:45 Studio 1 4:45-6:00 Studio 2 5:30-6:30 Studio 1 6:15-7:30 Agni Yoga 6:35-7:35 Studio 1 6:30-7:45 Avani Yoga 8:00-9:00 Studio 1	<p style="text-align: center;"><i>Christmas Eve</i></p> <p style="text-align: center;">Sky Fitness Hours 5:00am-3:00pm</p> <p style="text-align: center;">Kidz In Motion Hours 8:00am-12:00pm</p> 6:00-7:00 Studio 2 7:00-8:15 Avani Yoga 8:30-9:30 Studio 1 9:00-10:00 Move Strong 9:30-10:45 Agni Yoga 9:30-10:30 Pool 9:35-10:05 Studio 1 10:10-11:10 Studio 1 10:15-11:00 Therapy Pool 11:00-12:15 Avani Yoga 11:15-12:15 Studio 1	<p style="text-align: center;"><i>Christmas Day</i></p> <p style="text-align: center;">Sky Fitness is closed</p>	5:00-12:00 FitSmart 7:00-8:15 Avani Yoga 8:30-9:30 Studio 1 9:00-10:00 Move Strong 9:00-10:00 Pool 9:30-10:30 Agni Yoga 9:30-10:45 Avani Yoga 9:35-10:35 Studio 2 9:35-10:35 Studio 1 10:15-11:00 Therapy Pool 10:40-11:40 Studio 1 11:15-12:00 Therapy Pool 11:30-12:30 Avani Yoga 12:00-1:00 Studio 1 1:00-1:45 Therapy Pool 5:30-6:30 Avani Yoga	Personal Training Team ** Energy All Day Olga Ball Conditioning Jane/Bev MoveStrong FT Bev Half & Half! Edie Hot Yoga ** Erynn Vinyasa Yoga 2 Nickie SPiVi Cycle Angie Group Blast Bridgette Warm Water ** Edie Zumba Kortnee Warm Water ** Edie Chair Yoga Karen Aerial Yoga ** Mary Warm Water ** Paula Friday Vinyasa Mary	6:00-9:30 FitSmart 7:00-8:00 Studio 2 8:00-9:00 Studio 1 8:00-9:00 Studio 2 8:30-9:45 Avani Yoga 9:00-10:00 Pool 9:00-10:00 Move Strong 9:05-10:05 Studio 1 9:10-10:10 Studio 2 9:30-10:30 Agni Yoga 10:00-11:15 Avani Yoga 10:15-11:15 Studio 1 10:30-11:15 Therapy Pool 11:15-12:00 Pool 11:30-12:45 Avani Yoga 11:30-12:45 Avani Yoga	Personal Training ** Kane/Team SPiVi Cycle Joe Group Power Bev SPiVi Open Spin Vinyasa Yoga 2 Ruth Ann Total Splash Laurie MoveStrong FT Mike Group Groove Jane Group Ride Bev Yoga Sculpt ** Maureen Yoga 1-2 Bruce Group Active Bev Warm Water ** Laurie Smooth Seas Laurie Yin Yoga 1 Bruce Yin Yoga 1 Bruce	8:00-9:00 Studio 2 8:30-9:30 Studio 1 9:00-10:15 Studio 2 9:00-10:15 Avani Yoga 9:00-10:00 Move Strong 9:30-10:45 Agni Yoga 9:30-10:30 Pool 9:35-10:35 Studio 1 10:30-11:45 Avani Yoga 10:40-11:40 Studio 1 10:40-11:40 Studio 1	SPiVi Cycle Brenda Group Blast Keri SPiVi Open Spin Yoga 1 Sarah MoveStrong FT Alex Power Vinyasa ** Jamie Athletic Training Carl Group Power Yelena Yoga 2-3 Sarah Zumba Luba Zumba Luba

**Sky Fitness is located at 1501 Busch Parkway,
Buffalo Grove, IL 60089
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See our websites: www.sky-fitness.com
www.avaniyoga.com
www.agnihotyoga.com

**** = Pre-Registration and/or Payment required**

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