



SKY FITNESS CLASS/STUDIO SCHEDULE EFFECTIVE 11/14/2014



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	5:00-12:00 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 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 Power Bridgette	7:00-8:00 Pool Total Splash Laurie	5:30-6:30 Studio 1 Group Active Melissa	8:00-9:00 Studio 1 Group Power Bev	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 Kundalini Yoga Michelle F	8:00-9:00 FitSmart Personal Training Leslye **	7:00-8:15 Avani Yoga Energy All Day Olga	8:00-9:00 Studio 2 SPiVi Open Spin	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/Bev	8:30-9:45 Avani Yoga Vinyasa Yoga 2 Becky	9:00-10:15 Avani Yoga Yoga 1 Sarah
9:00-9:45 Move Strong MoveStrong FT Mike	9:30-10:30 Agni Yoga Hot Yoga ** Werner	9:00-9:45 Move Strong MoveStrong FT Mike	9:30-10:30 Agni Yoga Yoga Sculpt ** Jamie	9:00-9:45 Move Strong MoveStrong FT Bev	9:00-10:00 Pool Total Splash Laurie	9:00-9:45 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	9:30-10:45 Avani Yoga Alignment Yoga 2 Jayne	9:00-10:00 Pool Half & Half! Edie	9:05-10:05 Studio 1 Group Groove/Zumba Marisa/Jane/Carly/Luba	9:30-10:45 Agni Yoga Power Vinyasa ** Jamie
9:30-10:45 Avani Yoga Alignment Yoga 1 Allison	9:30-10:30 FitSmart Mighty Body Band** Olga R	9:30-10:30 Pool H2O Training Susan	9:30-10:15 Therapy Pool Warm Water ** Ellen	9:30-10:30 Agni Yoga Hot Yoga ** Erynn	9:10-10:10 Studio 2 Group Ride Bev	9:30-10:30 Pool Athletic Training Carl
9:30-10:15 Therapy Pool Warm Water ** Judy	9:35-10:35 Studio 1 Group Active Laurie	9:35-10:35 Studio 2 Group Ride Lisa	9:35-10:35 Studio 1 Group Centergy Lisa	9:30-10:45 Avani Yoga Vinyasa Yoga 2 Nickie	9:30-10:30 Agni Yoga Yoga Sculpt ** Erynn/Werner	9:35-10:35 Studio 1 Group Power Yelena
9:30-10:30 Agni Yoga Yoga Sculpt ** Erynn	9:40-10:40 Studio 2 SPiVi Open Spin	9:35-10:05 Studio 1 Group Core Bev	9:40-10:40 Studio 2 Pedal & Pump Connie	9:35-10:35 Studio 2 SPiVi Cycle Angie	10:00-11:15 Avani Yoga Yoga 1-2 Bruce	10:30-11:30 FitSmart Tai Chi 1 ** Joe
9:35-10:35 Studio 2 Group Ride Bev	10:30-11:15 Therapy Pool Warm Water ** Paula	9:35-10:35 Basketball Group Groove Marisa/Jane	10:30-11:30 Pool Smooth Seas Kathy M	9:35-10:35 Studio 1 Group Blast Bridgette	10:00-11:00 FitSmart Mighty Body Band** Olga R	10:30-11:45 Avani Yoga Yoga 2-3 Sarah
9:35-10:35 Studio 1 Group Blast Melissa	10:40-11:40 Studio 1 Zumba Arleta	10:05-10:35 Studio 1 Boot Camp Bev	10:30-11:15 Therapy Pool Warm Water ** Laurie	10:15-11:00 Therapy Pool Warm Water ** Edie	10:15-11:15 Studio 1 Group Active Bev	10:40-11:40 Studio 1 Zumba Luba
10:40-11:40 Studio 1 Ball Conditioning Susan	10:45-11:45 Pool Smooth Seas Laurie	10:15-11:00 Therapy Pool Warm Water** Dale	10:40-11:40 Studio 1 Ball Conditioning/Cardio Susan NEW!	10:40-11:40 Studio 1 Zumba Kortnee	10:30-11:15 Therapy Pool Warm Water ** Laurie	11:45-12:45 Studio 1 Tai Chi ** Joe
11:15-12:30 Avani Yoga Gentle Yoga (All) Allison	11:15-12:30 Avani Yoga Alignment Yoga 1-2 Jayne	10:40-11:40 Studio 1 Pilates Plus Janine	11:15-12:30 Avani Yoga Yoga For Every Body Marcia	11:15-12:00 Therapy Pool Warm Water ** Edie	11:15-12:00 Pool Smooth Seas Laurie	
11:15-12:00 Therapy Pool Warm Water ** Dale	11:45-12:45 Studio 1 Light & Low Paula	11:15-12:30 Avani Yoga Gentle Yoga (All) Ruth Ann	11:45-12:45 Studio 1 Light & Low Kathy M	11:30-12:30 Avani Yoga Chair Yoga Karen/Marcia	11:30-12:45 Avani Yoga Yin Yoga 1 Bruce	
11:45-12:45 Studio 1 Trim & Tone Paula		11:15-12:00 Therapy Pool Warm Water** Dale		12:00-1:00 Studio 1 Aerial Yoga ** Mary		
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		
1:00-1:45 Therapy Pool Warm Water ** Paula		1:00-2:00 FitSmart Personal Training Leslye **		1:15-2:15 Studio 1 Tai Chi ** Joe		
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			
5:30-6:15 Move Strong MoveStrong FT Mike			5:30-6:15 Move Strong MoveStrong FT Alex			
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 Rotation		
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/Sara	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	6:00-7:00 Agni Yoga Power Hour ** Werner			
6:00-7:00 Agni Yoga Power Hour ** Nena	6:35-7:35 Studio 1 Barre Sculpt Kortnee	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 Gentle Yin Yoga Natasha	6:35-7:35 Studio 1 Zumba Carly			
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 Sara/Rebekah	6:30-7:30 FitSmart Mighty Body Band ** Olga			

FYI - Next Mighty Body Band Session begins 11/1-12/16/2014. Two Special Drop -In Thursday nights offered 11/13/2014 & 12/11/2014

SKY FITNESS 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

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