



SKY FITNESS CLASS/STUDIO SCHEDULE THANKSGIVING WEEK 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 9:00-9:45 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 5:30-6:15 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	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 9:30-10:30 FitSmart 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	5:00-12:00 FitSmart 5:30-6:30 Studio 1 7:00-8:15 Avani Yoga 8:30-9:30 Studio 1 9:00-9:45 Move Strong 9:30-10:45 Agni Yoga 9:30-10:30 Pool 9:35-10:35 Studio 2 9:35-10:05 Studio 1 9:35-10:35 Basketball 10:05-10:35 Studio 1 10:15-11:00 Therapy Pool 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 Studio 1 6:00-7:00 Studio 2 6:00-7:00 Agni Yoga 6:15-7:30 Avani Yoga 6:35-7:35 Studio 1	Thanksgiving Day!	5:00-12:00 FitSmart 7:00-8:15 Avani Yoga 8:30-9:30 Studio 1 9:00-9:45 Move Strong 9:00-10:00 Pool 8:00-9:00 Pool 8:30-9:45 Avani Yoga 9:00-9:45 Therapy Pool 9:30-10:30 Studio 2 9:30-10:30 Therapy Pool 9:30-10:30 Studio 2 9:30-10:45 Therapy Pool 9:35-10:35 Studio 2 10:00-11:00 Move Strong 10:10-11:10 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 1:15-2:15 Studio 1 5:30-6:30 Avani Yoga	5:30am Group Active will be back next week 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 ** Wendy Warm Water ** Paula Tai Chi ** Joe Friday Vinyasa Natasha	6:00-9:30 FitSmart 8:00-9:00 Studio 1 8:00-9:00 Studio 2 8:30-9:45 Avani Yoga 9:00-10:00 Pool 9:05-10:05 Studio 1 9:10-10:10 Studio 2 9:30-10:30 Agni Yoga 10:00-11:15 Avani Yoga 10:00-11:00 FitSmart 10:15-11:15 Studio 1 10:30-11:15 Therapy Pool 11:15-12:00 Pool 11:30-12:45 Avani Yoga 4:00-5:00 Agni Yoga	Personal Training Kane/Team Group Power Bev SPiVi Open Spin Vinyasa Yoga 2 Becky Total Splash Laurie Group Groove Jane Group Ride Bev Yoga Sculpt ** Erynn/Werner Yoga 1-2 Bruce Mighty Body Band** Olga R Group Active Bev Warm Water ** Laurie Smooth Seas Laurie Yin Yoga 1 Bruce	SPiVi Cycle Brenda Group Blast Keri SPiVi Open Spin Yoga 1 Wendy MoveStrong FT Alex Power Vinyasa ** Jamie Athletic Training Carl Group Power Yelena Tai Chi 1 ** Joe Yoga 2-3 Wendy Zumba Luba Tai Chi ** Joe Power Hour ** Jill
						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								