

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 AM				Spin* Pat			
5:30 AM					Sunrise Core Workout** Pat		
6:00 AM		Spin* Natalie	<b>LES MILLS</b> <b>CXWORX</b> Megan**	Spin* Tommy	Spin* Pat	SpinFlex* Pat	Spin* Pat
6:30AM			Legs & Glutes Intensive** Megan				
7:00 AM							ROK Core** Pat
7:15 AM	Spin* Tommy						
7:30 AM							Spin*Pat
8:00 AM			ROK Total Body Blast^ Megan			SQAIR TOTAL BODY CIRCUIT^ (new) Megan	
8:30 AM	Spin* Tommy				Step & Sculpt^ Megan	Spin* Steve Swan	90 Min. Super Spinflex Marnie
9:00 AM				Zumba* Nando Spin* Joanne			Barre Carla
9:15 AM		ROK Body Circuit^ Jackie					
9:30 AM	Kick, Pedal & Push* Tommy <b>LES MILLS</b> <b>BODYCOMBAT</b> (new) *Jill	Super Spinflex (75 min.) Jill	Spin* Carla H.I.I.T.* Loren		Spin* Tommy ROK Total Body Blast^ Monica	Cardio Circuit^ Jackie	
10:00AM				<b>LES MILLS</b> <b>BODYPUMP</b> * Jill			
10:30AM	<b>LES MILLS</b> <b>BODYPUMP</b> *Jill						H.I.I.T.* Jay

\*60 min. Classes  
^45 min. Classes  
\*\*30 min. Classes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 AM		Senior Fit* Steve Zen				Senior Fit* Steve Zen	
11:15AM			Healthy Backs & Stretching^ Jackie	Senior Fit* Jackie			
11:30AM					Zumba Gold^ Andrea		Zumba* Louraine
12:00 PM		Zumba* Nando					
12:30 PM							
4:30 PM				Cardio Cross- Training^ Megan			
5:25 PM			<b>LES MILLS</b> <b>BODY PUMP</b> Christine*				
5:30 PM		Insanity ** Megan					
6:00PM		<b>LES MILLS</b> <b>CXWORX**</b> Megan					
6:15PM				Zumba* Louraine			
6:30 PM		Spin* Tommy Zumba* Lloyd	SpinFlex* Jill <b>KANGOO*</b> Caroline	Spin* Tommy	<b>LES MILLS</b> <b>CXWORX**</b> Megan		
7:00 PM					Spin* Tommy		
7:15PM					Cardio-Cross Training^ Megan		
7:30 PM			Barre Carla				
8:30 PM							

Sign up for SPIN classes on [turboroster.rokny.com](http://turboroster.rokny.com) "Kangoo" classes call/text Caroline 917-207-0829 Barre Forma call Carla 516-526-8508 [signup@bellaformapilatesny.com](mailto:signup@bellaformapilatesny.com)

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