

	<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	ROK CORE** 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^ Megan	
8:30 AM	Spin* Tommy				Step & Sculpt^ Megan	Spin* Steve Swan	
8:45 AM							90 Min. Super Spinflex Marnie <i>(new time)</i>
9:00 AM				Zumba* Nando Spin* Joanne			Barre Carla
9:30 AM	Kick, Pedal & Push* Tommy	Super Spinflex (75 min.) Jill ROK Body Circuit^ Jackie <i>(new time)</i>	Spin* Carla H.I.I.T.* Loren		Spin* Tommy	Cardio Circuit^ Jackie	
10:00AM				LES MILLS BODYPUMP * Jill			
10:30AM	LES MILLS BODYPUMP *Jill						H.I.I.T.* Jay

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

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

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
11:00 AM		Senior Fit* Margaret					
11:15AM			Healthy Backs & Stretching^ Jackie	Senior Fit* Jackie		Senior Fit^ Jackie	
11:30AM					Zumba Gold^ Andrea		Zumba* Louraine
12:00 PM		Zumba* Nando					
12:30 PM							
4:30 PM		Spin* (new) Joanne		Cardio Cross- Training^ Megan			
5:25 PM			LES MILLS BODYPUMP Christine*				
5:30 PM		Insanity ** Megan				Spin* (new) Joanne	
6:00PM		ROK CORE** Megan					
6:15PM				Zumba* Louraine			
6:30 PM		Spin* Tommy Zumba* Lloyd	SpinFlex* Jill KANGOO* Caroline	Spin* Tommy	ROK CORE** Megan		
7:00 PM					Spin* Tommy		
7:15PM					Cardio Kickboxing^ (new) Megan		
7:30 PM			Barre Carla				
8:30 PM							

Sign up for SPIN classes on turborooster.rokny.com "Kangoo" classes call/text Caroline 917-207-0829 Barre Forma call Carla 516-526-8508 signup@bellaformapilatesny.com

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