

October 2017



Time	MON	TUES	WED	THURS	FRI	SAT
6am		Spinning Deb	Spinning Tabetha	Spinning Deb		
7am						
8am	Barre Fit Susannah	Total Body Circuit Kathia	Insanity Rachel	Core De Force Kristina	TurboKick Debra	Cardio Circuit Katy
9am	Zumba Katy	Hatha Flow Yoga Tabetha	Total Body Circuit Katy	Yn Yoga Tabetha	Zumba Logan	Rotating Class (class will be different every week)
9am	Spinning Tabetha	Spinning Deb	Spinning Susannah	Spinning Deb	Spinning Tabetha	
10am	Hatha Flow Tabetha	Silver Sneakers Deb	Pilates Susannah	Silver Sneakers Deb	BarreFit Susannah	
5:15pm	Total Body Circuit Katy	Core De Force Kristina	5:30 30 Minute Abs Debra	Strong & Fit w/Zumba Logan		
6:00	Spinning Deb		Spinning Tabetha			
6:15pm	Step & Core Paula	Total Body Circuit Rachel	TurboKick Debra	Zumba Katy		
7:15pm		Yin Yoga Tabetha				

98 Quarterhorse Lane
Hampstead, NC 28443
910-270-4044

Hours of Operation

Monday- Thurs 5a-9p Friday 5a-8p
Saturday 8a-6p Sunday 10a-6p

Child Care

Mon-Fri 8a-1 pm
Mon-Thurs 4-8pm
Sat 8am-12pm

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