

# MAY CLASS SCHEDULE

Register online at [myasfaccount.com](http://myasfaccount.com) or  
call 216-938-9135

Day	Time	Format	Instructor	Location
Mon	6:15- 7 am	Cycle	Kara	Studio 2
	11:30- 12 pm	Core Blast	Katie	Studio 1
	12- 12:30 pm	Total Body Strength	Katie	Studio 1
	6:15- 7 pm	Cycle	Cody	Studio 2
	7 - 7:45 pm	Hot Yoga	Melissa	Studio 3
Tues	11:30- 12:15 pm	H.I.I.T.	Debbie	Studio 1
	12- 12:45 pm	Cycle	Katie	Studio 2
	6:00- 6:45 pm	TRX	Alyssa/Tiffany	Studio 3
Wed	6:15- 7 am	Cycle	Kara	Studio 2
	11:45- 12:30 pm	Vinyasa Flow	Brit	Studio 3
	12:00 - 12:45 pm	Treadfit	Katie	Studio 1
	6:00- 6:45 pm	Butts & Gutts	Alyssa	Studio 1
Thurs	11:30-12:15 pm	TRX	Allison	Studio 3
	12:00- 12:45 pm	Cycle	Katie	Studio 2
	6:15- 7 pm	H.I.I.T.	Samantha	Studio 1
Fri	6:15- 7 am	Yoga	Maddie	Studio 3
	11:45- 12:30 pm	Barre	Angela	Studio 1