

TIGGER X

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

6:30-7:30AM	SUNRISE YOGA	C	6-7:00AM	SUNRISE CYCLE	TL	6:30-7:30AM	SUNRISE YOGA	C	6-7:00AM	SUNRISE CYCLE	TL	11-11:50AM	ABS & GLUTES	A			
7-7:50AM	ADVANCED CYCLING	TL	6:15-7:15AM	SUNRISE YOGA	C	7-7:50AM	ADVANCED CYCLING	TL	6:15-7:15AM	SUNRISE YOGA	C	12-12:50PM	INTERMEDIATE CYCLING	TL	1-1:50PM	DRILLS	A
8-8:50AM	POWER & PEACE YOGA	C	6:30-7:30AM	ADV. REFORMER PILATES	B	8-8:50AM	POWER AND PEACE YOGA	C	8-8:50AM	INTERMEDIATE CYCLING	TL	8-8:50AM	INTERMEDIATE CYCLING	TL	1-1:50PM	POWER YOGA	C
9-9:50AM	ABS & GLUTES	A	8-8:50AM	INTERMEDIATE CYCLING	TL	9-9:50AM	ABS & GLUTES	A	8-8:50AM	MAT PILATES	C	9-9:50AM	MAT PILATES	C	2-2:50PM	ZUMBA	A
10-10:50AM	POWER	A	8-8:50AM	MAT PILATES	C	10-10:50AM	POWER	A	9-9:50AM	ADVANCED REFORMER	B	9-9:50AM	ADVANCED REFORMER	B	2-2:50PM	REFORMER PILATES	B
11-11:50AM	ADVANCED REFORMER	B	9-9:50AM	ADVANCED REFORMER	B	10-10:50AM	REFORMER PILATES	B	10-10:50AM	PUMP	A	10-10:50AM	PUMP	A	3-3:50PM	KNOCKOUT	A
12-12:50PM	INTERMEDIATE CYCLING	TL	10-10:50AM	PUMP	A	11-11:50AM	ADV. REFORMER PILATES	B	10-10:50AM	REFORMER PILATES	B	10-10:50AM	REFORMER PILATES	B	4:30-5:20PM	ADVANCED CYCLING	TL
1-2:15PM	VINYASA YOGA LEVEL 2	C	10-10:50AM	REFORMER PILATES	B	12-12:50PM	INTERMEDIATE CYCLING	TL	11-11:50AM	ADVANCED CYCLING	TL	11-11:50AM	ADVANCED CYCLING	TL	4:30-5:20PM	HIP HOP	A
2-2:50PM	ZUMBA	A	11-11:50AM	ADVANCED CYCLING	TL	1-2:15PM	VINYASA YOGA LEVEL 2	C	11-11:30AM	ABS & GLUTES XPRESS	A	11-11:30AM	ABS & GLUTES XPRESS	A	4:30-5:20PM	PILATES PLUS	C
3-3:50PM	PUMP	A	11-11:30AM	ABS & GLUTES XPRESS	A	2-2:50PM	REFORMER PILATES	B	12-1:15PM	POWER & PEACE YOGA	C	12-1:15PM	POWER & PEACE YOGA	C	5:30-6:20PM	ZUMBA	A
3-3:50PM	MAT PILATES	C	12-1:15PM	POWER & PEACE YOGA	C	3-3:50PM	PUMP	A	3-3:50PM	POWER YOGA	C	3-3:50PM	POWER YOGA	C	5:30-6:45PM	VINYASA YOGA (ALL LEVELS)	C
4-5:15PM	VINYASA YOGA LEVEL 1	C	3-3:50PM	POWER YOGA	C	3-3:50PM	MAT PILATES	C	4-4:30PM	BEGINNER CYCLING	TL	4-4:30PM	BEGINNER CYCLING	TL			
4:30-5:20PM	ADVANCED CYCLING	TL	4-4:30PM	BEGINNER CYCLING	TL	4-5:15PM	VINYASA YOGA LEVEL 1	C	4-4:50PM	BALLET FIT	A	4-4:50PM	BALLET FIT	A			
4:30-5:20PM	KNOCKOUT	A	4-4:50PM	BALLET FIT	A	4:30-5:20PM	ADVANCED CYCLING	TL	4-4:50PM	ADVANCED MAT PILATES	C	4-4:50PM	ADVANCED MAT PILATES	C			
5:30-6:20PM	INTERMEDIATE CYCLING	TL	4-4:50PM	ADVANCED MAT PILATES	C	4:30-5:20PM	KNOCKOUT	A	5-5:50PM	AQUA ZUMBA	TG	5-5:50PM	AQUA ZUMBA	TG			
5:30-6:20PM	ZUMBA	A	5-5:50PM	AQUA ZUMBA	TG	5:30-6:20PM	INTERMEDIATE CYCLING	TL	5-5:50PM	ADVANCED CYCLING	TL	5-5:50PM	ADVANCED CYCLING	TL			
5:30-6:20PM	DRILLS	C	5-5:50PM	ADVANCED CYCLING	TL	5:30-6:20PM	ZUMBA	A	5-5:50PM	POWER	A	5-5:50PM	POWER	A			
6:30-7:20PM	ADVANCED CYCLING	TL	5-5:50PM	POWER	A	5:30-6:20PM	ADV. REFORMER PILATES	B	5-5:50PM	VINYASA YOGA LEVEL 1	C	5-5:50PM	VINYASA YOGA LEVEL 1	C			
6:30-7PM	CORE	A	5-5:50PM	VINYASA YOGA LEVEL 1	C	5:30-6:20PM	DRILLS	C	6-6:50PM	INTERMEDIATE CYCLING	TL	6-6:50PM	INTERMEDIATE CYCLING	TL			
6:30-7PM	ABS & GLUTES XPRESS	C	6-6:50PM	INTERMEDIATE CYCLING	TL	6:30-7:20PM	ADVANCED CYCLING	TL	6-6:50PM	ZUMBA	A	6-6:50PM	ZUMBA	A			
7-7:50PM	AQUA ZUMBA	TG	6-6:50PM	ZUMBA	A	6:30-7PM	CORE	A	6-6:50PM	PILATES PLUS	C	6-6:50PM	PILATES PLUS	C			
7:15-8PM	CIRCUIT	A	6-6:50PM	REFORMER PILATES	B	6:30-7PM	ABS & GLUTES XPRESS	C	7-7:50PM	TURBOKICK	A	7-7:50PM	TURBOKICK	A			
7:15-8:05PM	ADVANCED MAT PILATES	C	6-6:50PM	PILATES PLUS	C	7-7:50PM	AQUA ZUMBA	TG	7-7:50PM	HIP HOP	C	7-7:50PM	HIP HOP	C			
7:30-8:20PM	ADVANCED CYCLING	TL	7-7:50PM	TURBOKICK	A	7:15-8PM	CIRCUIT	A	8-8:30PM	TABATA	A	8-8:30PM	TABATA	A			
8:15-9:05PM	CARDIO DANCE	A	7-7:50PM	TIGER TEASE	C	7:15-8:05PM	ADVANCED MAT PILATES	C	8-8:30PM	CORE	C	8-8:30PM	CORE	C			
8:15-9:05PM	POWER YOGA	C	8-8:30PM	TABATA	A	8:15-9:05PM	HIP HOP	A									
			8-8:30PM	CORE	C	8:15-9:05PM	POWER YOGA	C									

*classes and times subject to change

SATURDAY

10:15-11:45AM	ENDURANCE CYCLING	TL
10:15-11:00AM	BASIC TRAINING	A
11-11:50AM	MAT PILATES	C
11:15-12:05PM	ZUMBA	A
12-1:30PM	POWER & PEACE YOGA	C

SUNDAY

12:15-1:10PM	ADVANCED CYCLING	TL
1-2:15PM	VINYASA YOGA LEVEL 1	C
3-3:50PM	PUMP	A
4-4:50PM	INTERMEDIATE CYCLING	TL
5-5:50PM	TURBOKICK	C
5:15-6:05PM	AQUA ZUMBA	TG
6-6:50PM	CIRCUIT	A
6-6:50PM	ADVANCED CYCLING	TL
7-7:50PM	ZUMBA	A
7-8:15PM	VINYASA YOGA LEVEL 2	C

STUDIO KEY: [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [TG] :: TIGER GROTTO

IMPORTANT DATES

SEMESTER SCHEDULE // January 17 - May 3, 2012
 Spring Break // March 23 - April 1 (no classes)
 Finals Week // May 4-10 (limited schedule)

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