

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <u>Group Cycling</u> <i>Room B</i>	5:30am <u>Sunrise Strength</u> <i>Room A</i>	5:30am <u>Group Cycling</u> <i>Room B</i>	5:30am <u>Sunrise Strength</u> <i>Room A</i>	5:30am <u>Group Cycling</u> <i>Room B</i>		
8:15am <u>Circuit Training</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	8:10am <u>Cardio Dance</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>		8:00am <u>Barre Fitness or</u> <u>Pure Strength</u> <i>Room A</i>	
9:15am <b>Turbo KICK</b> <i>Room A</i>	9:15am <u>Pilates</u> <i>Room A</i>	9:20am <u>Yoga</u> <i>Room A</i>	9:00am <u>Pure Strength</u> <i>Room A</i>	8:15am <u>Circuit Training</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	
10:30am  <u>Classic</u> <i>Room A</i>	 <i>Room A</i>	 <u>Cardio/ Circuit</u> <i>Room A</i>	 <u>Yoga</u> <i>Room A</i>	9:00am <u>Group Cycling</u> <i>Room B</i>	 <i>Room A</i>	9:00am <b>Turbo KICK</b> <i>Room A</i>
11:30am  <u>Classic</u> <i>Room A</i>	3:30pm  <i>Room A</i>	11:30am  <u>Classic</u> <i>Room A</i>		9:15am <u>Pilates</u> <i>Room A</i>		10:00am <b>PIYO</b> <i>Express 30 mins</i> <i>Room A</i>
4:30pm <u>InTENSity</u> <i>Room A</i>	4:30pm <u>Group Cycling</u> <i>Room B</i>	4:30pm <u>InTENSity</u> <i>Room A</i>	4:30pm <u>Barre Fitness</u> <i>Room A</i>	10:30am  <u>Classic</u> <i>Room A</i>	 <b>716-363-6383</b> <b>Facility Hours</b> Mon -Thurs: 5:00am - 10:00pm Friday: 5:00am - 8:00pm Saturday: 7:00am - 7:00pm Sunday: 8:00am - 5:00pm <b>Childcare Hours</b> Mon - Thurs: 8:15am - 12:00pm 4:00pm - 8:00pm Friday: 8:15am - 12:00pm Saturday: 7:45am - 10:30am Sunday: NO Childcare	
5:15pm <u>Group Cycling</u> <i>Room A</i>		5:15pm <u>Group Cycling</u> <i>Room B</i>		11:30am <u>Breath Control</u> <i>Room A</i>		
5:30pm <u>Yoga</u> <i>Room A</i>	5:30pm <u>Cardio Kick</u> <u>Dance &amp; Tone</u> <i>Room A</i>	5:30pm  <i>Room A</i>	5:30pm  <i>Room A</i>			
6:30pm <u>Tai Chi</u> <i>Room A</i> Starts April 8th		6:30pm <b>PIYO</b> <i>Express 30 mins</i> <i>Room A</i>	6:30pm <b>POUND</b> <i>ROCKOUT. WORKOUT.</i> <i>Room A</i>			