

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 Pure Strength</u> <i>Room A</i>	
9:15am Turbo KICK <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 Turbo KICK <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 PIYO <i>Express 30mins</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>	 716-363-6383 Facility Hours Mon -Thurs: 5:00am - 10:00pm Friday: 5:00am - 8:00pm Saturday: 7:00am - 7:00pm Sunday: 8:00am - 5:00pm Childcare Hours 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>	5:30pm <u>Cardio Kick Dance & Tone</u> <i>Room A</i>	5:15pm <u>Group Cycling</u> <i>Room B</i>	5:30pm  <i>Room A</i>			
5:30pm <u>Yoga</u> <i>Room A</i>		5:30pm  <i>Room A</i>				
		6:30pm PIYO <i>Express 30 mins</i> <i>Room A</i>				