



NEXTON CLASS SCHEDULE

TIME	M	T	W	TH	F	SA	SU
5:00 AM	Flow Yoga Jessica						
5:30AM			Cycling Tiffany				
9:00 AM	Barre Debbie	PomSquad Debbie	Zumba Melanie	WERQ Debbie	Yoga Joe	Kettlebell AMPD Tiffany	
10:00 AM	WERQ Brandi E.	AMPD Powerflow Fallon	Zumba Strong Melanie	Kettlebell AMPD Brandi E.	Dance Fitness Ryan	Zumba Laura	Cycling Tiffany
11:00 AM	See Black Force MMA schedule for paid classes		See Black Force MMA schedule for paid classes				Coming Soon PomSquad Tiffany
12:00 PM						*Zumbini Carroll	
1:00 PM to 4:30 PM							Kendo Ed
4:30 PM		All Levels Flow Yoga Jessica					
4:45 PM			All Levels Flow Yoga Jessica (30 minutes)				
5:30 PM	Cycling Vern	Zumba Step Laura	Cycling Vern	Dance Fitness Brandi F.	See Black Force MMA schedule for paid classes		
6:30 PM	WERQ Carroll	Zumba Laura	Dance Fitness Ryan	Kettlebell AMPD Wendy	Coming Soon AMPD Fusion DeeDee		
7:30 PM	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes			
8:30 PM	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes				