<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8:30-9:15am</td>
<td>HIIT</td>
<td>Activities Room</td>
<td>Carrie</td>
</tr>
<tr>
<td>Monday</td>
<td>12:15-1:00pm</td>
<td>TRX/Kettlebell/Core</td>
<td>Activities Room</td>
<td>Carrie</td>
</tr>
<tr>
<td>Monday</td>
<td>6:00-7:00pm</td>
<td>Ball Pilates</td>
<td>Activities Room</td>
<td>Alicen</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:00-8:45am</td>
<td>Circuit Training</td>
<td>Activities Room</td>
<td>Jonathan</td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:15-1:00pm</td>
<td>Power Lunch</td>
<td>Fitness Center</td>
<td>Carrie</td>
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<tr>
<td>Tuesday</td>
<td>12:15-1:00pm</td>
<td>Yoga</td>
<td>Activities Room</td>
<td>Leslie</td>
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<tr>
<td>Tuesday</td>
<td>6:00-7:00pm</td>
<td>Yoga</td>
<td>Activities Room</td>
<td>Anne</td>
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<tr>
<td>Wednesday</td>
<td>12:00-1:00pm</td>
<td>Yoga</td>
<td>Activities Room</td>
<td>Gigi</td>
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<tr>
<td>Wednesday</td>
<td>12:15-1:00pm</td>
<td>Power Lunch</td>
<td>Fitness Center</td>
<td>Carrie</td>
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<tr>
<td>Wednesday</td>
<td>6:00-7:00pm</td>
<td>Pilates</td>
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<td>Yvona</td>
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<td>Thursday</td>
<td>8:00-8:45am</td>
<td>Circuit Training</td>
<td>Activities Room</td>
<td>Jonathan</td>
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<tr>
<td>Thursday</td>
<td>12:15-1:00pm</td>
<td>Yoga</td>
<td>Activities Room</td>
<td>David</td>
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<tr>
<td>Thursday</td>
<td>6:00-7:00pm</td>
<td>Total Body Conditioning</td>
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<td>Jennifer</td>
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<tr>
<td>Friday</td>
<td>12:00-1:00pm</td>
<td>Yoga</td>
<td>Activities Room</td>
<td>Gigi</td>
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<td>Friday</td>
<td>12:15-1:00pm</td>
<td>Power Lunch</td>
<td>Fitness Center</td>
<td>Carrie</td>
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<tr>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>Yoga</td>
<td>Activities Room</td>
<td>Gigi</td>
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<tr>
<td>Saturday</td>
<td>11:15-12:00pm</td>
<td>TRX Circuit</td>
<td>Activities Room</td>
<td>Jonathan</td>
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<tr>
<td>Sunday</td>
<td>10:00-11:00am</td>
<td>Kick &amp; Core</td>
<td>Activities Room</td>
<td>El</td>
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<tr>
<td>Sunday</td>
<td>2:00-3:00pm</td>
<td>Yoga for Runners</td>
<td>Activities Room</td>
<td>David</td>
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