





























































SESSION 2 MARCH 2ND - APRIL 28TH

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
 8:00 - 8:45am TRX Track Level	 8:00 - 8:45am TRX Track Level	 8:00 - 8:45am TRX Track Level	 8:00 - 9:00am Cycle Core Studio 7/9	 8:00 - 9:00am Sunrise Yoga Studio 11	 5:00 - 5:45pm TRX Track Level
 4:45 - 5:45pm Body Sculpt Studio 11	 8:00 - 9:00am Sunrise Yoga Studio 11	 8:00 - 8:45am Cycling Studio 7	 8:00 - 9:00am Sunrise Yoga Studio 11	 4:00 - 4:45pm Tabata Studio 11	 5:00 - 6:00pm Zumba Studio 11
 5:00 - 5:45pm TRX Track Level	 3:45 - 4:45pm Pilates Studio 11	 11:00 - 11:45am Meditation Yoga Studio 11	 3:45 - 4:45pm Pilates Studio 11	 6:00 - 6:45pm Cycling Studio 7	 5:15 - 5:45pm Buns & Guns Studio 9
 5:15 - 6:00pm Tabata Studio 9	 4:00 - 5:00pm Yoga Studio 9	 4:00 - 5:00pm Body Sculpt Studio 9	 4:00 - 5:00pm Yoga Studio 9	 6:00 - 7:00pm Yoga Studio 11	 6:00 - 6:45pm Cycling Studio 7
 6:00 - 6:45pm Cycling Studio 7	 5:00 - 5:45pm TRX Track Level	 4:45 - 5:45pm Zumba Studio 11	 5:00 - 5:30pm TRX Track Level	 7:00 - 7:45pm Cycling Studio 7	 6:15 - 7:00pm Tabata Studio 9
 6:00 - 7:00pm Yoga Studio 11	 6:00 - 6:45pm Cycling Studio 7	 5:15 - 6:00pm Tabata Studio 9	 5:15 - 6:00pm Tabata Studio 9	 7:15 - 8:15pm Zumba Studio 11	 7:00 - 8:00pm Zumba Studio 11
 7:15 - 8:15pm Bootcamp Studio 9	 6:00 - 7:00pm Meditation Yoga Studio 11	 6:00 - 6:45pm Cycling Studio 7	 6:00 - 6:45pm Cycling Studio 7	 7:30 - 8:15pm Cycling Studio 7	 7:30 - 8:15pm Cycling Studio 7
 7:15 - 8:15pm Zumba Studio 11	 7:00 - 7:30pm Buns & Guns Studio 9	 6:30 - 7:30pm Beginner Yoga Studio 11	 6:00 - 7:00pm Yoga Studio 11		
 7:30 - 8:15pm Cycling Studio 7	 7:15 - 8:15pm Zumba Studio 11	 7:00 - 7:30pm Buns & Guns Studio 9	 7:00 - 7:30pm Buns & Guns Studio 9		
 8:30 - 9:00pm Killer Core Studio 11	 7:30 - 8:30pm Cycle Core Studio 7/9	 7:30 - 8:15pm Cycling Studio 7	 7:15 - 8:15pm Zumba Studio 11		
	 8:30 - 9:00pm Killer Core Studio 11	 7:45 - 8:45pm Zumba Studio 11	 7:30 - 8:15pm Cycling Studio 7		
		 8:00 - 9:00pm Body Sculpt Studio 9	 8:30 - 9:00pm TRX Track Level		
		 9:00 - 9:30pm Killer Core Studio 11			

Legend

		
STRENGTH	CYCLING	CORE
		
HIGH INTENSITY	MIND & BODY	ZUMBA/HIP-HOP