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GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
 8:00 - 8:45am Cycling Studio 7	 8:00 - 8:45am TRX Track Level	 8:00 - 8:45am Cycling Studio 7	 8:00 - 8:45am TRX Track Level	 8:00 - 8:45am Cycling Studio 7	 3:15 - 3:45pm Killer Core Studio 11
 8:00 - 9:00am Sunrise Yoga Studio 11	 3:15 - 3:45pm Buns & Guns Studio 11	 8:00 - 9:00am Sunrise Yoga Studio 11	 8:00 - 8:45am Cycling Studio 7	 10:00 - 11:00am Beginner Yoga Studio 11	 4:00 - 5:00pm Meditation Yoga Studio 11
 4:00 - 4:45pm Tabata Studio 9	 4:00 - 4:45pm Tabata Studio 9	 4:00 - 4:45pm Tabata Studio 9	 3:15 - 3:45pm Buns & Guns Studio 11	 11:00 - 11:45am Cycling Studio 7	 5:00 - 5:45pm Tabata Studio 9
 4:00 - 4:45pm TRX Track Level	 4:00 - 5:00pm Yoga Studio 11	 4:00 - 4:45pm TRX Track Level	 4:00 - 4:45pm Tabata Studio 9	 12:00 - 12:45pm TRX Track Level	 5:15 - 5:45pm TRX Track Level
 5:00 - 6:00pm Yoga Studio 11	 5:15 - 5:45pm TRX Track Level	 5:15 - 5:45pm Buns & Guns Studio 9	 6:00 - 6:45pm Cycling Studio 7	 4:00 - 4:45pm Tabata Studio 9	 6:00 - 6:45pm Cycling Studio 7
 5:45 - 6:30pm Tabata Studio 9	 5:15 - 5:45pm Killer Core Studio 11	 6:00 - 6:45pm Cycling Studio 7	 6:00 - 7:00pm Beginner Yoga Studio 11	 6:00 - 6:45pm Cycling Studio 7	 6:30 - 7:30pm Yoga Studio 9
 6:00 - 6:45pm Cycling Studio 7	 6:00 - 6:45pm Cycling Studio 7	 6:00 - 7:00pm Zumba Studio 11	 7:00 - 7:30pm TRX Track Level	 6:00 - 6:45pm Cycling Studio 7	 7:00 - 8:00pm Zumba Studio 11
 6:15 - 7:15pm Zumba Studio 11	 6:00 - 7:00pm Yoga Studio 11	 7:00 - 8:00pm Yoga Studio 9	 7:00 - 8:00pm Boot Camp Studio 9	 7:00 - 8:00pm TRX Track Level	
 7:00 - 7:30pm Buns & Guns Studio 9	 7:00 - 8:00pm Boot Camp Studio 9	 7:15 - 7:45pm Killer Core Studio 11	 7:15 - 8:15pm Zumba Studio 11	 8:00 - 8:45pm Cycling Studio 7	
 7:30 - 8:00pm Killer Core Studio 11	 7:15 - 8:15pm Zumba Studio 11	 7:15 - 7:45pm TRX Track Level	 8:00 - 8:45pm Cycling Studio 7	 8:15 - 8:45pm Killer Core Studio 9	
	 7:15 - 7:45pm TRX Track Level	 8:00 - 9:00pm Zumba Studio 11			
	 8:00 - 8:45pm Cycling Studio 7				
	 8:15 - 8:45pm Killer Core Studio 9				

Legend

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