Monday

8:00 - 8:45am Cycling Studio 7

8:00 - 8:45am TRX Track Level

8:00 - 9:00am Sunrise Yoga Studio 11

3:15 - 3:45pm Killer Core Studio 9 3:30 - 4:30pm

Pilates Studio 11 4:00 - 4:45pm

Tabata Studio 9 4:15 - 5:00pm

So Cycling Studio 7 4:45 - 5:45pm

Salutation Yoga Studio 11 5:15 - 5:45pm Killer Core

Studio 9 5:15 - 5:45pm TRX

Track Level

6:00 - 6:45pm Cycling OO Studio 7

6:00 - 6:45pm Tabata Studio 9

6:00 - 7:00pm Barre Studio 11

> 6:45 - 7:15pm TRX Track Level

> > 7:00 - 7:30pm Buns & Guns Studio 9

00 7:30 - 8:00pm Quick Cycle Studio 7

7:45 - 8:45pm Salutation Yoga Studio 9

8:30 - 9:00pm Killer Core Studio 11

Tuesday

8:00 - 8:45am Cycling Studio 7

8:00 - 9:00am Sunrise Yoga Studio 11

1:15 - 2:00pm

So Cycling Studio 7

2:15 - 2:45pm

Barre & Buns Studio 9 3:00 - 4:00pm

Strength Circuit Studio 9 3:30 - 4:30pm

Barre Studio 11 4:15 - 5:00pm

Cycling Studio 7 4:15 - 5:00pm

Studio 9 5:15 - 5:45pm Killer Core Studio 9

5:15 - 6:15pm Salutation Yoga Studio 11

6:00 - 6:45pm Cycling တ်ဝ Studio 7

6:00 - 6:45pm **Boot Camp** Studio 9

6:30 - 7:00pm Barre & Buns Studio 11

6:30 - 7:00pm TRX Track Level

7:00 - 7:30pm Meditation Yoga Studio 9

8:00 - 8:45pm တ်ဝ Cycling

Wednesday

8:00 - 8:45am Cycling 00 Studio 7

8:00 - 9:00am

Sunrise Yoga Studio 11 9:00 - 9:30am

Killer Core Studio 9

3:15 - 3:45pm Killer Core Studio 9

3:45 - 4:45pm Pilates Studio 11 4:00 - 4:45pm

Tabata Studio 9 5:00 - 5:30pm

Barre & Buns Studio 11 5:15 - 5:45pm

Track Level 5:15 - 5:45pm Killer Core Studio 9

TRX

5:45 - 6:45pm Salutation Yoga Studio 11

6:00 - 6:45pm Cycling တ် Studio 7

6:00 - 6:45pm **Boot Camp** Studio 9

7:00 - 7:30pm 00 Quick Cycle Studio 7

7:15 - 7:45pm Buns & Guns Studio 9

7:45 - 8:15pm Track Level

8:00 - 8:45pm က် Cycling Studio 7

8:00 - 9:00pm Salutation Yoga Studio 9

8:15 - 8:45pm Killer Core Studio 11

Thursday

8:00 - 9:00am

8:00 - 8:45am Cycling OO Studio 7

Sunrise Yoga Studio 11 11:00 - 11:45am **TRX**

Track Level So 1:15 - 2:00pm Cycling Studio 7

2:15 - 2:45pm Barre & Buns Studio 9

2:30 - 3:30pm Pilates Studio 11 3:45 - 4:30pm

TRX Track Level

4:00 - 4:45pm Cycling

Studio 7 4:15 - 4:45pm Barre & Buns

OIO

Studio 9 5:00 - 5:30pm Killer Core Studio 9

5:00 - 5:45pm Cycling OO Studio 7

5:00 - 5:45pm Barre Studio 11

6:00 - 6:30pm Buns & Guns Studio 11

6:00 - 6:30pm Quick Cycle Studio 7

6:00 - 6:45pm Strength Circuit Studio 9

6:15 - 6:45pm **TRX** Track Level

7:00 - 7:30pm Buns & Guns Studio 9

7:00 - 7:45pm Tabata Studio 11

8:00 - 8:45pm Cycling Studio 7

8:00 - 9:00pm Salutation Yoga

Friday

8:00 - 8:45am Cycling OO Studio 7

8:00 - 8:45am TRX Track Level 11:00 - 12:00pm

Meditation Yoga Studio 11

12:00 - 12:45pm TRX Track Level

1:00 - 1:30pm က် Quick Cycle Studio 7

3:00 - 4:00pm Barre Studio 11

4:00 - 4:45pm TRX Track Level

4:30 - 5:30pm Salutation Yoga Studio 9 5:00 - 6:00pm

Boot Camp Studio 11 ್ 6:00 - 6:45pm Cycling

Studio 7 6:15 - 6:45pm Barre & Buns

Studio 9

Sunday

12:30 - 1:30pm Beginner Yoga Studio 11









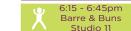






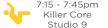
Studio 9











Studio 7

