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| Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|--|--|--|---|---|--|
|  8:00 - 8:45am TRX Track Level |  8:00 - 8:45am Cycling Studio 7 |  8:00 - 8:45am Cycling Studio 7 |  8:00 - 8:45am Cycling Studio 7 |  8:00 - 8:45am TRX Track Level |  12:30 - 1:30pm Beginner Yoga Studio 11 |
|  8:00 - 9:00am Sunrise Yoga Studio 11 |  8:00 - 9:00am Sunrise Yoga Studio 11 |  8:00 - 9:00am Sunrise Yoga Studio 11 |  8:00 - 9:00am Sunrise Yoga Studio 11 |  11:00 - 12:00pm Meditation Yoga Studio 11 |  1:45 - 2:15pm Quick Cycle Studio 7 |
|  3:30 - 4:30pm Pilates Studio 11 |  1:15 - 2:00pm Cycling Studio 7 |  9:00 - 9:30am Killer Core Studio 9 |  1:15 - 2:00pm Cycling Studio 7 |  12:00 - 12:45pm TRX Track Level |  2:15 - 2:45pm Barre & Buns Studio 11 |
|  4:45 - 5:45pm Salutation Yoga Studio 11 |  2:15 - 2:45pm Barre & Buns Studio 9 |  3:15 - 3:45pm Killer Core Studio 9 |  2:15 - 2:45pm Barre & Buns Studio 9 |  1:00 - 1:30pm Quick Cycle Studio 7 |  2:30 - 3:15pm Tabata Studio 9 |
|  5:15 - 5:45pm Killer Core Studio 9 |  3:00 - 4:00pm Strength Circuit Studio 9 |  3:45 - 4:45pm Pilates Studio 11 |  2:30 - 3:30pm Pilates Studio 11 |  3:00 - 4:00pm Barre Studio 11 |  3:00 - 4:00pm Dance Blast Studio 11 |
|  5:15 - 5:45pm TRX Track Level |  4:15 - 5:00pm Cycling Studio 7 |  4:00 - 4:45pm Tabata Studio 9 |  3:45 - 4:30pm TRX Track Level |  4:00 - 4:45pm TRX Track Level |  4:00 - 4:45pm Cycling Studio 7 |
|  6:00 - 6:45pm Cycling Studio 7 |  4:15 - 5:00pm Tabata Studio 9 |  5:00 - 5:30pm Barre & Buns Studio 11 |  3:45 - 4:45pm Dance Blast Studio 11 |  4:30 - 5:30pm Salutation Yoga Studio 9 |  4:00 - 5:00pm Zumba Studio 9 |
|  6:00 - 6:45pm Tabata Studio 9 |  5:15 - 5:45pm Killer Core Studio 9 |  5:15 - 5:45pm TRX Track Level |  4:15 - 4:45pm Barre & Buns Studio 9 |  5:00 - 6:00pm Boot Camp Studio 11 |  5:00 - 6:00pm Pilates Studio 11 |
|  6:45 - 7:15pm TRX Track Level |  5:15 - 6:15pm Salutation Yoga Studio 11 |  5:15 - 5:45pm Killer Core Studio 9 |  5:00 - 5:30pm Killer Core Studio 9 |  6:00 - 6:45pm Cycling Studio 7 |  6:00 - 7:00pm Salutation Yoga Studio 9 |
|  7:30 - 8:00pm Quick Cycle Studio 7 |  6:00 - 6:45pm Cycling Studio 7 |  5:45 - 6:45pm Salutation Yoga Studio 11 |  5:00 - 5:45pm Cycling Studio 7 |  6:15 - 6:45pm Barre & Buns Studio 9 |  6:15 - 6:45pm Barre & Buns Studio 11 |
|  7:45 - 8:45pm Salutation Yoga Studio 9 |  6:00 - 6:45pm Zumba Studio 9 |  6:00 - 6:45pm Cycling Studio 7 |  5:00 - 5:45pm Barre Studio 11 |  6:15 - 7:15pm Killer Core Studio 11 |  7:00 - 8:00pm Zumba Studio 11 |
| |  6:30 - 7:00pm Barre & Buns Studio 11 |  6:00 - 6:45pm Boot Camp Studio 9 |  6:00 - 6:30pm Buns & Guns Studio 11 | |  7:15 - 7:45pm Killer Core Studio 9 |
| |  6:30 - 7:00pm TRX Track Level |  7:00 - 8:00pm Zumba Studio 11 |  6:00 - 6:30pm Quick Cycle Studio 7 | | |
| |  7:00 - 7:30pm Meditation Yoga Studio 9 |  7:15 - 7:45pm Buns & Guns Studio 9 |  6:15 - 6:45pm TRX Track Level | | |
| |  8:00 - 8:45pm Cycling Studio 7 |  8:00 - 8:45pm Cycling Studio 7 |  7:00 - 7:45pm Tabata Studio 11 | | |
| | |  8:00 - 9:00pm Salutation Yoga Studio 9 |  8:00 - 8:45pm Cycling Studio 7 | | |
| | |  8:15 - 8:45pm Killer Core Studio 11 |  8:00 - 9:00pm Salutation Yoga Studio 11 | | |

LEGEND

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