



January 2025 - March 2025

BEGINNER: FOUNDATIONS, BARRE 57, SWEAT IN 30

INTERMEDIATE: CARDIO BARRE, MAT 57, CARDIO BARRE PLUS, BACK BODY BLAZE

MONDAY

7:15 AM **MAT 57**

8:30 AM BARRE 57

9:00 AM **CARDIO BARRE**

11:00 AM **BACK BODY BLAZE**

5:00 PM CARDIO BARRE PLUS

5:30 PM BARRE 57

6:30 PM **CARDIO BARRE**

BARRE 57 7:00 PM

WEDNESDAY

7:15 AM **CARDIO BARRE**

8:00 AM BARRE 57

8:30 AM **CARDIO BARRE PLUS**

9:15 AM BARRE 57 11:00 AM **MAT 57**

FOUNDATIONS 5:00 PM

5:30 PM **SWEAT IN 30**

6:00 PM **MAT 57**

BARRE 57 7:00 PM

FRIDAY

7:15 AM BARRE 57

8:00 AM CARDIO BARRE

9:00 AM **BACK BODY BLAZE**

9:15 AM **FOUNDATIONS**

11:00 AM BARRE 57

5:00 PM BARRE 57

6:15 PM TRAINER'S CHOICE

SUNDAY

10:00 AM BARRE 57

CARDIO BARRE 11:15 AM 4:00 PM **FOUNDATIONS**

5:00 PM BARRE 57

TUESDAY

7:15 AM BARRE 57

8:00 AM MAT 57

9:00 AM BARRE 57

10:15 AM FOUNDATIONS

11:00 AM CARDIO BARRE

5:15 PM BARRE 57

5:30 PM CARDIO BARRE

6:30 PM BARRE 57

7:00 PM CARDIO BARRE

THURSDAY

7:15 AM MAT 57

8:30 AM CARDIO BARRE

9:00 AM BARRE 57

11:00 AM CARDIO BARRE PLUS

5:00 PM CARDIO BARRE

5:30 PM BARRE 57

6:15 PM BACK BODY BLAZE

7:15 PM RECOVERY

SATURDAY

9:00 AM MAT 57

9:00 AM BARRE 57

10:15 AM **BACK BODY BLAZE**

11:15 AM BARRE 57

11:30 AM RECOVERY

4:00 PM BARRE 57

5:15 PM **CARDIO BARRE**