

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Spin 7:00 AM 8:00 AM		Spin 7:00 AM 8:00 AM		W.O.D. 7:00 AM 8:00 AM		Heated Yoga 7:00 AM 8:00 AM
8:00 AM							
9:00 AM							
10:00 AM	Power Hour 10:00 AM 11:00 AM	Shape Tone Strenght 10:00 AM 11:00 AM	HIIT 10:00 AM 11:00 AM	15 - 15 - 15 10:00 AM 11:00 AM	Spin 10:00 AM 11:00 AM		Heated Yoga 10:00 AM 11:00 AM
11:00 AM			Aqua Fit 11:00 AM 12:00 PM		Aqua Fit 11:00 AM 12:00 PM	Spin 11:00 AM 12:00 PM	
12:00 PM						Karate 12:00 PM 1:00 PM	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Tabata 5:00 PM 6:00 PM	Step & Tone 5:00 PM 6:00 PM	HIIT 5:00 PM 6:00 PM	Step & Tone 5:00 PM 6:00 PM	Spin 5:00 PM 6:00 PM		
6:00 PM	Spin 6:00 PM 7:00 PM	Heated Yoga 6:00 PM 7:00 PM	Spin 6:00 PM 7:00 PM	Boxercise 6:00 PM 7:00 PM	Aesthetics 6:00 PM 7:00 PM		
7:00 PM	Heated Yoga 7:00 PM 8:00 PM	Boxercise 7:00 PM 8:00 PM	Heated Yoga 7:00 PM 8:00 PM	Aqua Fit 7:00 PM 8:00 PM	Karate 7:00 PM 8:00 PM		
8:00 PM		Aqua Fit 8:00 PM 9:00 PM		Heated Yoga 8:00 PM 9:00 PM			