|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| DAY | MORNING CLASS | | | EVENING CLASS | | |
|  | **INSTRUCTOR** | **TIME** | **ACTIVITY** | **INSTRUCTOR** | **TIME** | **ACTIVITY** |
| MONDAY | **WEALTH** | **7:30AM-8:30AM** | **BODY COMBAT** | **SIYAN** | **6:30PM-7:30PM** | **LEGS & ABS** |
| TUESDAY | **WEALTH** | **7:30AM-8:30AM** | **BEAST MODE TUESDAY WITH WEALTH** | **SIYAN** | **6:30PM-7:30PM** | **TABATA** |
| WEDNESDAY | **WILLIAMS** | **7:30AM-8:30AM** | **SPIN** | **WILLIAMS** | **6:30PM-7:30PM** | **SPIN** |
| THURSDAY | **WEALTH** | **7:30AM-8:30AM** | **HIIT** | **SIYAN** | **6:30PM-7:30PM** | **BODY TONING** |
| FRIDAY | **PAUL** | **8:00AM-9:00AM** | **YOGA** | **NO CLASS** |  |  |
| SATURDAY | **REX** | **8:00AM-9:00AM** | **DANCE** | **NO CLASS** |  |  |

**Note: There will be no classes on Friday evenings and Saturday evenings.**