

STUDIO A							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:15					CORE		
5:30		BODYPUMP XPRESS				BODYPUMP	
5:45				YOGA			
8:15						TONE	BODYPUMP
8:30			CORE		CORE		
9:15		BODYPUMP	YOGA	BODYPUMP	YOGA	BODYPUMP	
9:30	9:45 YOGA						JAZZERCISE
10:30		TONE	BODYPUMP		BODYPUMP		10:40 YOGA
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
12:00		GENTLE YOGA					
12:45	BODYPUMP						
2:00	CORE						
3:30							
4:30			BODYSTEP	PILATES + STRETCH			
4:45		GRIT STRENGTH				GRIT STRENGTH	
5:30		BODYPUMP	BODYPUMP	BODYPUMP	BODYPUMP	BODYPUMP	
6:35		ZUMBA		BODYJAM		YOGA	

STUDIO B							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:15							
5:30							
5:45							
8:15		BARRE ABOVE		BARRE ABOVE		PILATES (45)	BODYSTEP
8:30			HIGH FITNESS		HIGH FITNESS		
9:15		BODYATTACK				PUNCH/ COMBAT	
9:30			POWER SCULPT	TONE	POWER SCULPT		BODYJAM
10:30		BODYBALANCE		BODYBALANCE		BODYBALANCE	10:35 BARRE ABOVE
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
12:00			BARRE ABOVE				
12:45							
2:00	BARRE ABOVE						
3:30	BODYBALANCE						
4:00		JAZZERCISE		JAZZERCISE			
4:30			BODYBALANCE		BODYBALANCE		
5:30		HIGH FITNESS	BODYATTACK	PUNCH/ COMBAT	BODYATTACK	5:45 ZUMBA	
6:35		POWER YOGA	CORE	CORE	BARRE ABOVE		