



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

6:30am	Power Yoga 60 min. Studio 2	Cycling 60 min. Studio 3	TRX 60 min. Studio 1		Power Yoga 60 min. Studio 2	Cycling 60 min. Studio 3	TRX 60 min. Studio 1	Cycling 60 min. Studio 3			
9:30am	Strength 101 60 min. Studio 1				Yogalates 60 min. Studio 2						
10:00am			Vinyasa Yoga 60 min. Studio 2				Vinyasa Yoga 60 min. Studio 2			Gentle Flow Yoga 60 min. Studio 2	
12:10pm	Cycling 45 min. Studio 3		Vinyasa Yoga 45 min. Studio 2		Vinyasa Yoga 45 min. Studio 2	Bootcamp 45 min. Studio 1	Vinyasa Yoga 45 min. Studio 2		Cycling 45 min. Studio 3		
4:15pm	TRX 60 min. Studio 1		Pilates 60 min. Studio 2		Cycling 60 min. Studio 3		Pilates 60 min. Studio 2		Zumba 60 min. Studio 1		
4:30pm			Cycling 60 min. Studio 3	Total Body Toning 60 min. Studio 1	Barre 60 min. Studio 1		Total Body Toning 60 min. Studio 1	Pump & Pedal 60 min. Studio 3			
5:30pm	Zumba 60 min. Studio 1		Pilates 60 min. Studio 2				Pilates 60 min. Studio 2				Power Yoga 60 min. Studio 2
5:45pm	Zumba 45 min. Studio 2				Core & More 60 min. Studio 1	Power Yoga 60 min. Studio 2					
6:45pm	Bootcamp 60 min. Studio 1	Vinyasa Yoga 60 min. Studio 2	Pump & Pedal 60 min. Studio 3		Cycling 60 min. Studio 3						Cardio Kickboxing 60 min. Studio 1
7:00pm			Cardio Kickboxing 60 min. Studio 1		Zumba 60 min. Studio 1		Gentle Flow Yoga 60 min. Studio 1	Cycling 60 min. Studio 3			Zumba 60 min. Studio 2
8:00pm	Cycling 60 min. Studio 3										Cycling 60 min. Studio 3
8:15pm			Zumba 60 min. Studio 1								

**Key**

- Strength
- Cardio
- Yoga
- Fusion