

CLASSIC MEMBERSHIP	M	T	W	T	F	S	S
	06:30AM SPIN XP			6:30AM SPIN	06:30AM SPRINT	8:00AM PILATES	
		9:30AM YIN YOGA		9:30AM PILATES		9:00AM SPIN	9:30AM SPRINT
	5.30PM BODY PUMP	5.30PM SPRINT				10:00AM BODY PUMP	10.15AM BODY PUMP
	6.30 PM PILATES	6.00PM BEGINNER BOXING	5.45PM STRETCH	6.00PM BODYPUMP	6:15PM STEP Adv.	11.15AM Retrosweat	
	6:30PM SPRINT	6.15PM BODYPUMP	6:30PM SPIN	7:00PM Retrosweat	7:30PM SALSA BASICS	12MIDDAY KICKBOXING	
	7.00PM BOXING	7.15PM YOGA	7:30PM ZUMBA				

TEAM TRAINING MEMBERSHIP	M	T	W	T	F	S
	7.00AM HIITPILATES	7.00AM HIIT	6.30AM OUTDOOR	7.00AM HIIT	7.00AM HIIT	8:00AM 9 ROUNDS
						9.00AM HIIT
	12.30 HIIT		12.30 HIIT		12.30 HIIT	
		5.45PM HIIT PILATES		6:00PM HIIT		
	6:30PM HIIT	6:30PM 9 ROUNDS	6:00PM HIIT			

SMALL GROUP PERSONAL TRAINING	M	T	W	T	F	S
	6.15am SPARTAN	6.15am STRENGTH	6.30AM OUTDOOR	6.15am STRENGTH	6.15am X-TRAINING	9.00AM STRENGTH
						10:30AM X-TRAINING
		12.30pm STRENGTH		12.30pm STRENGTH		
	6.00PM X-TRAINING	5.30PM STRENGTH	6.00pm STRENGTH	5.45pm X-TRAINING		
		6.15pm STRENGTH	6.00PM MOVEMENT	6.30pm STRENGTH		