


STUDIO 1

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45am	TOTAL TONE	BODY PUMP	STEP MOVES		BODY BALANCE		
8:45am	BODY PUMP	SH'BAM	BODY ATTACK	PILATES	TOTAL TONE	8:30am BODY ATTACK	8:30am STEP MOVES
9:30am	BODY ATTACK	TOTAL TONE	BODY PUMP	ATTACK ABS BUTTS THIGHS	SH'BAM	BODY PUMP	BODY PUMP
10:30am	BODY BALANCE	PILATES	BODY BALANCE	BODY PUMP	YOGA	YOGA	BODY BALANCE
5:30pm	BODY PUMP	XFIT	BODY PUMP	XFIT	BODY PUMP		
6:30pm	YOGA	BODY BALANCE	YOGA	YOGA			

OUTDOOR BOOTCAMP



TIME	TUES	THUR	SAT
5:45am	BOOTCAMP	BOOTCAMP	
7am			BOOTCAMP

SMALL GROUP TRAINING *SGT*

TIME	MON	TUES	WED	THUR	FRI
5:30am	SGT		SGT	5:45am - 6:45am Movement Mobility	SGT
6:15am	SGT		SGT		SGT
9:30am	SGT		SGT		SGT
6:00pm	SGT		SGT		

STUDIO 2

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45am		SPIN BOX			SPIN RUN		
8:45am	POWER SPIN					8:30am SPIN	8:30am SPIN
9:00am	845am BOX	SPIN	SPIN				
9:30am				BOX	HIIT		
5:30pm			SPIN				