



Monday

Indoor Cycling	6:45-7:30
Plyo Fit	12:30-13:00
Body Conditioning	17:45-18:30
Dance Pump	18:30-19:00

Tuesday

Grind	07:00-07:30
Indoor Cycling	12:30-13:00
Strength and Conditioning	17:45-18:30

Wednesday

Boxercise	07:00-07:30
Bar Blast	12:30-13:00
Barre	13:00-13:30

Thursday

Body Conditioning	07:00-7:30
Booty Camp	12:30-13:00
Circuits	18:00-18:45

Friday

Gym Workout	6:45-7:30
Citcuits	12:30-13:00

Saturday

Boxercise	10:00-11:00
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Sunday

Yoga	09:00-10:00
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