

STUDIO 1 CLASSES							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:30		BODYPUMP		GRIT STRENGTH		BODYPUMP	
6:00				MORNING STRETCH			
8:15							BODYPUMP
8:30			BODYPUMP	8:45 CARDIO HIIT		BODYPUMP	
9:00		POWER SCULPT (45)					
9:30				BODYSTEP	POWER SCULPT		PUNCH
9:45			TONE			PUNCH Pat	
10:30		TONE	10:45 YOGA	CARDIO SCULPT	10:45 YOGA	PEAK	CORE
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
12:00			CHAIR YOGA		CHAIR YOGA		
12:30	BODYPUMP	BODYPUMP XPRESS					
1:45	BODYJAM						
3:00	YOGA						
4:30		BODYPUMP	4:15 POWER SCULPT (45)	BODYPUMP XPRESS	POWER SCULPT		
5:30		5:35 BODYSTEP	5:25 BODYPUMP	TONE	5:35 GRIT STRENGTH	BODYPUMP	
6:15					GRIT CARDIO		
6:30			6:35 CORE	6:35 BODYPUMP			

GYMNASIUM - OUTDOOR CLASSES							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
8:45							
9:15							XTREME
10:00							
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:30		STRENGTH & CONDITIONING	5:45pm BODYATTACK				
6:30		XTREME		XTREME			

STUDIO 2 CLASSES							
A.M.	SUN	MON	TUE	WED	THU	FRI	SAT
5:30							
6:00							
8:15		ZUMBA			ZUMBA		
8:30				BARRE ABOVE			POWER SCULPT (45)
8:45							
9:30		BARRE ABOVE	BODY BALANCE	YOGA			
9:45							
10:30						CORE	BODY BALANCE
P.M.	SUN	MON	TUE	WED	THU	FRI	SAT
12:00							
12:30							
1:45							
2:45							
4:30							
5:30				ZUMBA		BARRE ABOVE	
6:15							
6:30				BODYJAM		YOGA	

