



MONDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30	Total Conditioning 1				5:30
6:00					6:00
6:30	Total Conditioning 2				6:30
7:00					7:00
7:30					7:30
8:00					8:00
8:30					8:30
9:00	Cardio & Core				9:00
9:30					9:30
10:00	Strength				10:00
10:30					10:30
11:00					11:00
11:30					11:30
12:00	Express	Strength (12:15-1:00)			12:00
12:30	Total Conditioning 1				12:30
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00	Strength (5:15-6:00)				5:00
5:30		Express	Pilates for Strength (Intermediate) (5:45-6:45)	Spinning (5:45-6:30)	5:30
6:00	Redline	Total Conditioning 1			6:00
6:30					6:30
7:00	Cardio & Core		Yoga Flow (Beginner)		7:00
7:30					7:30



TUESDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30	Cardio & Core				5:30
6:00				Spinning (6:00-6:45)	6:00
6:30		Express			Pilates for Strength (All Levels)
7:00	Express				
7:30					7:30
8:00					8:00
8:30					8:30
9:00	Total Conditioning 1				9:00
9:30					9:30
10:00	Total Conditioning 2				10:00
10:30					10:30
11:00					11:00
11:30					11:30
12:00	Express	Strength (12:15-1:00)	Yoga for Strength (All Levels) (12:15-1:00)	Spinning (12:15-1:00)	12:00
12:30	Total Conditioning 2				
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00	Total Conditioning 2				5:00
5:30		Express	Yoga for Strength (Intermediate) (5:45-6:45)	Spinning (5:45-6:30)	5:30
6:00	Spark	Strength			
6:30					6:30
7:00	Redline		Yin Yoga (All Levels)		7:00
7:30					7:30



WEDNESDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30	Total Conditioning 2				5:30
6:00					6:00
6:30	Total Conditioning 1				6:30
7:00					7:00
7:30					7:30
8:00					8:00
8:30					8:30
9:00	Total Conditioning 2			Spinning (9:00-9:45)	9:00
9:30					9:30
10:00	Strength				10:00
10:30					10:30
11:00					11:00
11:30					11:30
12:00	Express	Strength (12:15-1:00)			12:00
12:30	Redline				12:30
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00	Strength (5:15-6:00)				5:00
5:30		Express	Power Pilates (All Levels) (5:45-6:45)	Spinning (5:45-6:30)	5:30
6:00	Total Conditioning 2				
6:30					6:30
7:00	Cardio & Core		Yoga Flow (All Levels)		7:00
7:30					7:30



THURSDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30	Strength				5:30
6:00				Spinning (6:00-6:45)	6:00
6:30	Express		Pilates For Strength (All Levels)		
7:00	Express				
7:30					7:30
8:00					8:00
8:30					8:30
9:00	Total Conditioning 1				9:00
9:30					9:30
10:00	Cardio & Core				10:00
10:30					10:30
11:00					11:00
11:30					11:30
12:00	Express	Strength (12:15-1:00)	Yoga for Strength (All Levels) (12:15-1:00)	Spinning (12:15-1:00)	12:00
12:30	Strength				12:30
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00	Total Conditioning 1				5:00
5:30		Express	Yoga Flow (Advanced) (5:45-6:45)	Spinning (5:45-6:30)	5:30
6:00	Strength	Redline			
6:30					6:30
7:00	Spark	Restore (7:00-7:45)	Yin Yoga (All Levels)		7:00
7:30					



FRIDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30	Friday Special				5:30
6:00					6:00
6:30	Friday Special				6:30
7:00					7:00
7:30					7:30
8:00					8:00
8:30					8:30
9:00	Cardio & Core				9:00
9:30					9:30
10:00	Strength				10:00
10:30					10:30
11:00					11:00
11:30					11:30
12:00	Express	Strength (12:15-1:00)			12:00
12:30	Friday Special				12:30
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00	Strength (5:15-6:00)				5:00
5:30					5:30
6:00	Friday Special				6:00
6:30					6:30
7:00					7:00
7:30					7:30



SATURDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30					5:30
6:00					6:00
6:30					6:30
7:00					7:00
7:30					7:30
8:00					8:00
8:30		Redline			8:30
9:00					9:00
9:30	Strength	Total Conditioning 1	Power Pilates (All Levels)	Spinning (9:30-10:15)	9:30
10:00					10:00
10:30	Spark	Total Conditioning 2	Yoga Flow (All Levels)		10:30
11:00				11:00	
11:30		Strength			11:30
12:00					12:00
12:30					12:30
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00					5:00
5:30					5:30
6:00					6:00
6:30					6:30
7:00					7:00
7:30					7:30



SUNDAY					
TIME	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	TIME
5:30					5:30
6:00					6:00
6:30					6:30
7:00					7:00
7:30					7:30
8:00					8:00
8:30				Spinning (8:30-9:15)	8:30
9:00					9:00
9:30	Strength	Cardio & Core	Yoga Flow (Intermediate)		9:30
10:00					
10:30	Redline	Total Conditioning 1	Yin Yoga (All Levels)		10:30
11:00					
11:30		Strength			11:30
12:00					12:00
12:30					12:30
1:00					1:00
1:30					1:30
2:00					2:00
2:30					2:30
3:00					3:00
3:30					3:30
4:00					4:00
4:30					4:30
5:00					5:00
5:30					5:30
6:00					6:00
6:30					6:30
7:00					7:00
7:30					7:30