

FITNESS, YOGA & PILATES CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:15am Yoga Express						
	8:00-9:00am PILATES w/ WEIGHTS		8:00-9:00am PILATES w/ WEIGHTS			
					8:30-9:15am CYCLEFIT45	
9:00-9:45am BOOTCAMP		9:00-9:45am BOOTCAMP		9:00-9:45am BOOTCAMP		9:00am-9:45am CYCLEFIT45
	9:30-10:15am CYCLEFIT45			9:45-10:30am ZUMBA		
		10:00-11:00am PILATES / MOBILITY	10:00-10:30am HIIT30			10:00-10:20am CORE20
			10:30-11:30am GENTLE YOGA	10:30-11:30am CHAIR YOGA		
11:15am-12:00am CHAIR YOGA						
12:00-1:00pm MAT PILATES	12:00-1:00pm GENTLE STRETCH					
			5:00-5:20pm STRENGTHENING/WEIGHTS	5:00-5:30pm HIIT30		
	5:30-6:15pm GFit45	5:30-6:15pm GFit45	5:30-6:15pm CYCLEFIT ARMS/INTERVALS			
6:00-6:30pm HIIT30	6:15-7:00pm BOX FIT		6:15-7:00pm BOX FIT			
6:30-7:15pm GFit45		6:30-7:00pm HIIT30				
	7:00-7:45pm ZUMBA					