

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
6:30am							
7:00am	Yoga 7:00am						
7:30am				Yoga 7:30am			
8:00am							
8:30am							
9:00am		CycleFit30 9:00am	Yoga 9:00am		CycleFit30 9:00am		
9:30am		GFit45 9:30am			GFit45 9:30am		
10:00am							
10:30am	GFit45 10:30am	HIIT 10:30am	GFit45 10:30am	GFit45 10:30am	HIIT 10:30am		
11:00am	CycleFit30 11:15am	CycleFit30 11:15am	CycleFit30 11:15am	CycleFit30 11:15am			
11:30am							
12:00pm							Yoga 12:00pm
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	GFit45 4:00pm	GFit45 4:00pm	GFit45 4:00pm	GFit45 4:00pm	GFit45 4:00pm		
4:30pm							
5:00pm	HIIT 5:00pm	CycleFit30 5:00pm		CycleFit30 5:00pm	HIIT 5:00pm		
5:30pm		GFit45 5:30pm					
6:00pm		Yoga 6:15pm		Yoga 6:00pm			