

FITNESS, YOGA & PILATES CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:15am Yoga Express						
		7:00-8:00am YOGA		7:00-8:00am YOGA		
	8:00-9:00am MAT PILATES	8:00-8:45am Pilates w/ Weights	8:00-9:00am MAT PILATES		8:30am-9:15am CYCLEFIT45	
9:30-10:00am CYCLEFIT30			9:30-10:30am CYCLE30/YOGA30	9:30-10:00am CYCLEFIT30		
10:00-10:45am GFit45				10:00-10:45am GFit45		
	10:30-11:15am Yoga/Pilates Fusion		10:30-11:15am GFIT45		10:30-11:15am GFit45	
	12:00-1:00pm MAT PILATES					
				3:00-4:00pm BOXFIT		
5:00-5:30pm HIIT30	5:00-5:30pm HIIT30		5:00-5:30pm HIIT30	5:00-5:30pm HIIT30		
5:30-6:15pm GFit45		5:30-6:15pm GFit45	5:30-6:15pm GFIT45			
	6:30-7:30pm BOXFIT	6:30-7:15pm CycleFit45	6:15-7:15pm CYCLE30/YOGA30			
		7:15-8:15pm MAT PILATES	7:15-8:15pm BOXFIT			