

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00a			Spin 7:00-7:45	Spin 7:00-7:45		
8:00a						
9:00a						
10:00a						
11:00a						
12:00p		Mindful Movement 12:15-1:00			Queenax 12:15-1:00	Core/Strength 12:15-12:45
1:00p						
2:00p		HIIT 2:00-2:50	Queenax 2:00-2:45	Relaxing Pilates 2:00-2:45		Zumba 2:00-2:45
3:00p	Spin 3:00-3:45		Zumba 3:00-3:45		HIIT 3:00-3:45	
4:00p		Spin 4:00-4:45				
5:00p		Rhythmic Pilates 5:15-6:00	Yoga 5:15-6:00	Spin 5:15-6:00	Spin 5:15-6:00	
6:00p						
7:00p			Spin 7:00-7:45	HIIT 7:00-8:00	Yoga 7:00-7:45	