

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SUNDAY
8:00		8:00		8:00		8:00		8:00		
9:05		9:30		9:05		9:30		9:05		
10:10		10:30		10:10		10:30		10:10		
11:15				11:15				11:15		
12:20	CORE CLASS 12:30-1:00	12:00		12:20	GLUTES/BACK/ ARMS/LEGS CLASS 12:30-1:00	12:00		12:20	MINDFUL MOVEMENT 12:15-12:45	
1:25		1:30		1:25		1:30	STRENGTHEN & STRETCH (similar to Pilates) 1:30-2:10	1:25		
2:30		3:00		2:30		3:00		2:30		
3:35				3:35				3:35		SPIN 3:00-3:45
4:40		4:30		4:40		4:30		4:40		
5:15	THRIVE (Mind, Body, Soul) 5:15-6:00	5:15	REACH & RELAX (similar to Yoga) 5:15-6:00	5:15	SPIN 5:15-6:00	5:15		5:15		
7:00	SPIN 7:00-7:45	7:00		7:00		7:00	SPIN 7:00-7:45	7:00		