<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
| 6:15 a.m. | **CYCLE** 45 mins. 
STUDIO A | **HIIT** 45 mins. 
STUDIO B | **BOOTCAMP** 45 mins. 
STADIUM | **CYCLE** 45 mins. 
STUDIO A | **BEGINNER YOGA** 60 mins. 
STUDIO B | | 9 a.m. |
| 7 a.m. | **LOWER STRENGTH** 45 mins. 
STUDIO B | **ALL LEVELS YOGA** 60 mins. 
STUDIO B | **HIIT** 30 mins. 
STUDIO B | **ALL LEVELS YOGA** 60 mins. 
STUDIO B | | | NOON |
| 11 a.m. | **CORE STRENGTH** 30 mins. 
STUDIO B | **STRETCH** 45 mins. 
STUDIO B | **CORE STRENGTH** 30 mins. 
STUDIO B | **STRETCH** 45 mins. 
STUDIO B | | | 1 p.m. |
| NOON | **CYCLE** 45 mins. 
STUDIO A | **HIIT** 45 mins. 
STUDIO B | **TRX** 45 mins. 
STUDIO C | **CYCLE** 45 mins. 
STUDIO A | **FLOW YOGA** 60 mins. 
STUDIO B | | POWER FLOW YOGA 60 mins. 
STUDIO B |
| 4 p.m. | **PILATES** 45 mins. 
STUDIO B | **GENTLE FLOW YOGA** 60 mins. 
STUDIO C | **PILATES** 45 mins. 
STUDIO B | **GENTLE FLOW YOGA** 60 mins. 
STUDIO B | | | POWER FLOW YOGA 60 mins. 
STUDIO B |
| 6:15 p.m. | **ZUMBA** 45 mins. 
STUDIO B | **CYCLE** 45 mins. 
STUDIO A | **ZUMBA** 45 mins. 
STUDIO A | **CYCLE** 45 mins. 
STUDIO A | | | | 6 p.m. |
| 7:15 p.m. | **TRX** 45 mins. 
STUDIO B | **ZUMBA** 45 mins. 
STUDIO B | **TRX** 45 mins. 
STUDIO B | **ZUMBA** 45 mins. 
STUDIO B | | | | | 7:15 p.m. |
| 8:15 p.m. | **TOTAL STRENGTH** 45 mins. 
STUDIO B | **POWER FLOW YOGA** 60 mins. 
STUDIO B | **DANCE FUSION** 60 mins. 
STUDIO B | **POWER FLOW YOGA** 60 mins. 
STUDIO B | | | | | 9 a.m. |