



Schedule of Small Group Training, Specialty Fitness Classes & Group X Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	Cycle <i>Deb</i>				Cycle <i>Deb</i>	
6:00 AM		Burn Up <i>Dylan</i>		Burn Down <i>Dylan</i>		
8:00 AM	8:15 am Step & Sculpt <i>Karen</i>	8:15 am TBC <i>Nancy</i>	8:30 am Cycle <i>Luis</i> Reformer Pilates <i>Cameron</i>	8:15 am HiLo-PiYo <i>Karen</i>	8:15am C+RT <i>Nancy</i>	Step & Sculpt <i>Sharon</i> Cycle <i>Karen</i>
				8:30am Reformer Pilates <i>Eliza</i>	8:30am Reformer Pilates <i>Cameron</i>	
9:00 AM	9:00 am Hiit the Wall <i>Luis</i> Burn Up <i>Jacob</i> Reformer Pilates <i>Eliza</i>	9:00 am Kettlebell Flow <i>Dylan</i>	9:00 am Burn Down <i>Dylan</i>	9:00 am Kickboxing <i>John</i>	9:00 am Lift <i>John</i>	9:00 am Burn Out <i>Marcos</i>
	9:45 Reformer Pilates <i>Eliza</i>					
10:00 AM	10:45 am Bungee Fitness <i>Cameron</i>	10:00 am Reformer Pilates <i>Cameron</i>	10:45 am Raise the Barre <i>Eliza</i>	10:30 am Reformer Pilates <i>Eliza</i>		10:00 am Kickboxing <i>Dylan</i> Reformer Pilates <i>Cameron</i>
		10:45 am Reformer Pilates <i>Cameron</i>		10:45 am Aerial Yoga <i>Cameron</i>		
11:00 AM						WOD
12 Noon		WOD		WOD		
4:00 PM	4:15 pm Step & Sculpt <i>Sharon</i>				4:15 pm Xtreme <i>Sharon</i>	
5:00 PM	5:30 pm Bootcamp <i>Tommy</i>	5:00 pm Mat Pilates <i>Shellie</i>	5:00 pm Barre <i>Shellie</i>	5:30 pm Raise the Barre <i>Shellie</i> Bootcamp <i>Tommy</i>	5:30 pm Bungee Fitness <i>Cameron</i>	
			5:30 pm Extreme <i>Sharon</i>			
6:00 PM	6:00 pm Kickboxing <i>Dylan</i>	6:00 pm Zumba <i>Rebecca</i> Aerial Yoga <i>Cameron</i>	6:00 pm Kettlebell Flow <i>John</i>	6:00 pm Cycle <i>Mila</i>	6:30 pm WOD	
	6:30 pm Yoga <i>Evelyne</i>			6:15 pm Reformer Pilates <i>Cameron</i>		
7:00 PM		7:00 pm Reformer Pilates <i>Cameron</i>				

Bronze Membership includes classes in Green.

Silver Membership includes classes in Green and specialty classes in Blue.

Gold Membership includes all classes in Green, the Specialty classes in Blue, and Small Group Training sessions in Red.

Platinum Membership includes all Green, Blue, and Red scheduled classes/sessions as well as four of the Purple Reformer Pilates sessions each month.