

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
1	8A PILATES 9A SPINCAT 10:15A HATHA/VIN 10A BOOTCAMP	AMIRA ANG CARYN ABBIE	2	5:45A SPIN (XP) 9A 321 9:15A SPIN XL(75) 9:30A PILATES SCULPT 10A RESTORATIVE YOGA 11A MUSCLE MAX LT 4P MINDFUL MVMT 5:30P BUTTS & GUTS 6P SPIN & STRETCH	AMIRA ANDY ANGIE NICOLE ANDY CARYN CARYN ABBIE NIKKI	3	5:45A BOOTCAMP 8:30A BALANCE (STX) 8:30A PILATES BARRE 9A BOXING/BOOTCAMP 9:30A BUILT 10:30A YOGA BLEND 11A CORE & FLOOR 5:30P BARBELL FIT 6:30P B-CAMP&BAG 6:30P PILATES SCULPT	LIZ SUSAN LAURA STEPH ALLIE ELLIE WENDY ABBIE CHARLIE NICOLE	4	5:45A SPIN & STRETCH 8:15A HATHA 9:15A ULT STRENGTH 9:30A SPIN (30/30) 9:30A BARBELL FIT 11A MUSCLE MAX LT 12P SPIN B&B 4P RESTORATIVE YOGA 5:30P ULT STRENGTH 6P SPIN 6:30P VINYASA	LIZ LINDA ALLIE ANG ABBIE LPK JOE CARYN JAY SHIRIN ELLIE	5	5:45A BOOTCAMP 8:30A PILATES SCULPT 8:30A SPIN XL 9:30A BUTTS & GUTS - CANCELLED 9:30A STRICTLY STRENGTH 5:30P BARBELL FIT 6:30P B-CAMP&BAG 6:30P VINYASA	AMIRA LAURA SHIRIN ANG ANG JAY CHARLIE LAUREN	6	5:45A SPIN B&B 7:45A HATHA 9:30A SPIN 30/30 9A CIRCUIT STRENGTH 10A MINDFUL MOVEMNT	LIZ ELLIE ANGIE ALLIE ALLIE	7	8A HATHA 9:30A SPIN XL 9A STEP & WEIGHTS 10A PILATES BARRE 10A BOOTCAMP 11A B-CAMP & BAG 11A ZUMBA	MICHEAL ANGIE PATTY LAURA AMIRA CHARLIE LAUREN
8	8A PILATES 9A SPINCAT 10:15A HATHA/VIN 10A BOOTCAMP	PATTI SHIRIN CARYN ABBIE	9	5:45A SPIN (XP) 9A 321 9:15A SPIN XL(75) 9:30A PILATES SCULPT 10A RESTORATIVE YOGA 11A MUSCLE MAX LT 4P MINDFUL MVMT 5:30P BUTTS & GUTS 6P SPIN & STRETCH	AMIRA ANDY ANGIE NICOLE ANDY CARYN CARYN JAY NIKKI	10	5:45A BOOTCAMP 8:30A BALANCE (STX) 8:30A PILATES BARRE 9A BOXING/BOOTCAMP 9:30A BUILT 10:30A YOGA BLEND 11A CORE & FLOOR 5:30P BARBELL FIT 6:30P B-CAMP&BAG 6:30P PILATES SCULPT	LIZ SUSAN LAURA STEPH ALLIE ELLIE WENDY ABBIE CHARLIE NICOLE	11	5:45A SPIN & STRETCH 8:15A HATHA 9:15A ULT STRENGTH 9:30A SPIN (30/30) 9:30A BARBELL FIT 11A MUSCLE MAX LT 12P SPIN B&B 4P RESTORATIVE YOGA 5:30P ULT STRENGTH 6P SPIN 6:30P VINYASA	LIZ LINDA ALLIE ANG ABBIE LPK JOE CARYN JAY ADRIENNE TAYLOR	12	5:45A BOOTCAMP 8:30A PILATES SCULPT 8:30A SPIN XL 9:30A BUTTS & GUTS 9:30A STRICTLY STRENGTH 5:30P STRICTLY STRENGTH 6:30P B-CAMP&BAG 6:30P VINYASA	AMIRA LAURA SHIRIN ANG ABBY WENDY CHARLIE LAUREN	13	5:45A SPIN B&B 7:45A HATHA 9:30A SPIN 30/30 9A CIRCUIT STRENGTH 10A MINDFUL MOVEMNT	LIZ ELLIE ANGIE ALLIE ALLIE	14	8A HATHA 9A SPIN XL 9A STEP & WEIGHTS 10A PILATES BARRE 10A BOOTCAMP 11A B-CAMP & BAG 11A ZUMBA	MICHEAL ANGIE VALERIE LAURA JAY CHARLIE LAUREN
15	8A PILATES 9A SPINCAT 10:15A HATHA/VIN 10A BOOTCAMP	PATTI SHIRIN ELLIE ABBIE	16	5:45A SPIN (XP) 9A 321 9:15A SPIN XL(75) 9:30A PILATES SCULPT 10A RESTORATIVE YOGA 11A MUSCLE MAX LT 4P MINDFUL MVMT 5:30P BUTTS & GUTS 6P SPIN & STRETCH	AMIRA ANDY ANGIE NICOLE ANDY CARYN SUE ABBIE NIKKI	17	5:45A BOOTCAMP 8:30A BALANCE (STX) 8:30A PILATES BARRE 9A BOXING/BOOTCAMP 9:30A BUILT 10:30A YOGA BLEND 11A CORE & FLOOR 5:30P BARBELL FIT 6:30P B-CAMP&BAG 6:30P PILATES SCULPT	LIZ SUSAN LAURA STEPH ALLIE ELLIE WENDY ABBIE CHARLIE NICOLE	18	5:45A SPIN & STRETCH 8:15A HATHA 9:15A ULT STRENGTH 9:30A SPIN (30/30) 9:30A BARBELL FIT 11A MUSCLE MAX LT 12P SPIN B&B 4P RESTORATIVE YOGA 5:30P ULT STRENGTH 6P SPIN 6:30P VINYASA	LIZ LINDA JAY ANG ABBIE LPK JOE CARYN JAY ADRIENNE LAUREN	19	5:45A BOOTCAMP 8:30A PILATES SCULPT 8:30A SPIN XL 9:30A BUTTS & GUTS 9:30A STRICTLY STRENGTH 5:30P STRICTLY STRENGTH 6:30P B-CAMP&BAG 6:30P VINYASA	AMIRA LAURA SHIRIN ANG ABBY WENDY CHARLIE LAUREN	20	5:45A SPIN B&B 7:45A HATHA 9:30A SPIN 30/30 9A CIRCUIT STRENGTH 10A MINDFUL MOVEMNT	LIZ ELLIE ANGIE LPK LPK	21	8A HATHA 9A DJ SPIN 9A STEP & WEIGHTS 10A PILATES BARRE 10A BOOTCAMP 11A B-CAMP & BAG 11A ZUMBA	MICHEAL MATT/ANGIE PATTY LAURA AMIRA CHARLIE LAUREN
22	8A PILATES 9A SPINCAT 10:15A HATHA/VIN 10A BOOTCAMP	PATTI SHIRIN CARYN ABBIE	23	5:45A SPIN (XP) 9A 321 9:15A SPIN XL(75) 9:30A PILATES SCULPT 10A RESTORATIVE YOGA 11A MUSCLE MAX LT 4P MINDFUL MVMT 5:30P BUTTS & GUTS 6P SPIN & STRETCH	AMIRA ANDY ANGIE NICOLE ANDY CARYN CARYN ABBIE AMIRA	24	5:45A BOOTCAMP 8:30A BALANCE (STX) 8:30A PILATES BARRE 9A BOXING/BOOTCAMP 9:30A BUILT 10:30A YOGA BLEND 11A CORE & FLOOR 5:30P BARBELL FIT 6:30P B-CAMP&BAG 6:30P PILATES SCULPT	AMIRA SUSAN LAURA STEPH ALLIE ELLIE WENDY ABBIE CHARLIE NICOLE	25	5:45A SPIN & STRETCH 8:15A HATHA 9:15A ULT STRENGTH 9:30A SPIN (30/30) 9:30A BARBELL FIT 11A MUSCLE MAX LT 12P SPIN B&B 4P RESTORATIVE YOGA 5:30P ULT STRENGTH 6P SPIN 6:30P VINYASA	CINDY LINDA ALLIE ANG ABBIE LPK JOE CARYN JAY ANG TAYLOR	26	5:45A BOOTCAMP 8:30A PILATES SCULPT 8:30A SPIN XL 9:30A BUTTS & GUTS 9:30A STRICTLY STRENGTH 5:30P STRICTLY STRENGTH 6:30P B-CAMP&BAG 6:30P VINYASA	AMIRA LAURA ANG ALLIE ABBY WENDY CHARLIE LAUREN	27	5:45A SPIN B&B 7:45A HATHA 9:30A SPIN 30/30 9A CIRCUIT STRENGTH 10A MINDFUL MOVEMNT	CINDY ELLIE ANGIE ANDY ANDY	28	8A HATHA 9A SPIN XL 9A STEP & WEIGHTS 10A PILATES BARRE 10A BOOTCAMP 11A B-CAMP & BAG 11A ZUMBA	MICHEAL ANGIE PATTY LAURA JAY CHARLIE LAUREN
29	8A PILATES 9A SPINCAT 10:15A HATHA/VIN 10A BOOTCAMP	PATTI ANG CARYN ABBIE	30	5:45A SPIN (XP) 9A 321 9:15A SPIN XL(75) 9:30A PILATES SCULPT 10A RESTORATIVE YOGA 11A MUSCLE MAX LT 4P MINDFUL MVMT 5:30P BUTTS & GUTS 6P SPIN & STRETCH	AMIRA ANDY ANGIE NICOLE ANDY CARYN CARYN ABBIE NIKKI	31	5:45A BOOTCAMP 8:30A BALANCE (STX) 8:30A PILATES BARRE 9A BOXING/BOOTCAMP 9:30A BUILT 10:30A YOGA BLEND 11A CORE & FLOOR 5:30P BARBELL FIT 6:30P B-CAMP&BAG 6:30P PILATES SCULPT	LIZ SUSAN LAURA STEPH JAY ELLIE WENDY ABBIE CHARLIE NICOLE							<p>MAKE SURE TO REGISTER ONLINE/APP! FOR MOST ACCURATE SCHEDULE SEE APP</p>					