

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 PM					
Studio 1					
Studio 2					
Studio 3					
Studio 4					
5:30 PM					
Studio 1	BODY PUMP	ZUMBA		RIPPED	
Studio 2	ENERGIZE WITH EXERCISE		ENERGIZE WITH EXERCISE		
Studio 3			RPM		
Studio 4			VINYASA YOGA	YOGA	
6:30 PM					
Studio 1	BODY COMBAT	BODY PUMP	RIPPED	BODY PUMP	
Studio 2	POWER YOGA	FIT & FLEX		FIT & FLEX	
Studio 3				RPM	
Studio 4		PRENATAL YOGA	BODY FLOW		
7:30 PM					
Studio 1					
Studio 2					
Studio 3					
Studio 4		BODY FLOW		BODY FLOW	
STUDIO 1	IMPACT/CARDIO				
STUDIO 2	MEDICAL PROGRAMS	FOUNDATIONAL FITNESS			
STUDIO 3	RPM/CYCLE				
STUDIO 4	YOGA (MIND & BODY)				