

# GROUP FITNESS

M	T	W	T	F	S	S
<i>Early Morning</i>						
<b>F.I.T.</b> 5:30AM-6:30AM	<b>SPIN EXPRESS</b> 5:15AM-5:45AM	<b>SPIN</b> 5:30AM-6:30AM	<b>SPIN</b> 5:15AM-6:15AM	<b>SPIN</b> 5:30AM-6:30AM	<b>SPIN</b> 7:30AM-8:15AM	
	<b>TRX</b> 5:30AM-6:15AM	<b>SURGE!</b> 5:30AM-6:30AM	<b>YOGA POWER HOUR</b> 5:30AM-6:30AM	<b>MUSCLE</b> 5:45AM-6:45AM	<b>VINYASA YOGA</b> 7:45AM-8:45AM	
	<b>YOGA POWER HOUR</b> 5:30AM-6:30AM	<b>PILATES INTERVAL</b> 5:30AM-6:30AM				
	<b>SPIN</b> 5:45AM-6:45AM					
<i>Morning</i>						
<b>CUT</b> 8:30AM-9:30AM	<b>SPIN</b> 8:30AM-9:30AM	<b>VINYASA FLOW</b> 8:00AM-9:00AM	<b>MUSCLE</b> 8:30AM-9:30AM	<b>TRX</b> 8:15AM-9:00AM	<b>POUND</b> 8:00AM-9:00AM	<b>SPIN</b> 8:30AM-9:30AM
<b>YOGA POWER HOUR</b> 9:00AM-10:00AM	<b>MOVE IT!</b> 9:00AM-9:45AM	<b>MOVE IT! EXPRESS</b> 8:00AM-8:30AM	<b>CARDIO BOX</b> 9:30AM-10:30AM	<b>POWER YOGA</b> 9:00AM-10:00AM	<b>SPIN</b> 8:30AM-9:30AM	<b>CARDIO CORE</b> 8:30AM-9:30AM
<b>STRETCH</b> 9:30AM-10:00AM	<b>MUSCLE</b> 9:30AM-10:30AM	<b>SPIN</b> 8:30AM-9:30AM		<b>SPIN</b> 9:00AM-10:00AM	<b>ADVANCED BOOTCAMP</b> 8:15AM-9:00AM	<b>MUSCLE</b> 9:30AM-10:30AM
<b>SPIN</b> 9:30AM-10:30AM		<b>SURGE!</b> 9:00AM-10:00AM			<b>BOOTCAMP</b> 9:00AM-9:45AM	<b>VINYASA YOGA</b> 9:30AM-10:30AM
		<b>NRG BARRE</b> 9:30AM-10:30AM			<b>PILATES INTERVAL</b> 9:00AM-10:00AM	<b>DANCE NRG</b> 10:30AM-11:30AM
					<b>CARDIO SPORT</b> 9:30AM-10:30AM	
					<b>NRG BARRE</b> 10:00AM-11:00AM	
<i>Lunchtime</i>						
				<b>TRX</b> 12:15PM-1:00PM		
<i>Evenings</i>						
<b>DANCE NRG</b> 4:30PM-5:00PM	<b>TRX ROPES</b> 5:30PM-6:15PM	<b>NRG BARRE</b> 5:30PM-6:30PM	<b>NRG BARRE</b> 4:30PM-5:30PM	<b>HATHA FLOW YOGA</b> 5:30PM-6:30PM		
<b>TABATA</b> 5:00PM-5:30PM	<b>CARDIO SPORT</b> 6:30PM-7:30PM	<b>DANCE NRG</b> 5:30PM-6:30PM	<b>SPIN</b> 6:00PM-7:00PM			
<b>YOGA POWER HOUR</b> 5:30PM-6:30PM	<b>POUND</b> 6:45PM-7:45PM	<b>SPIN</b> 6:00PM-6:45PM	<b>SURGE!</b> 6:15PM-7:15PM			
<b>SPIN</b> 6:00PM-6:45PM		<b>MOVE IT!</b> 6:30PM-7:15PM	<b>STRETCH</b> 7:15PM-7:45PM			
<b>TRX</b> 6:15PM-7:00PM		<b>MUSCLE</b> 7:00PM-7:45PM				
<b>RESTORATIVE YOGA</b> 6:45PM-7:45PM						
<b>MUSCLE</b> 7:00PM-7:45PM						