

GROUP FITNESS

M	T	W	T	F	S	S
<i>Early Morning</i>						
F.I.T. 5:30AM-6:30AM	SPIN EXPRESS 5:15AM-5:45AM	SPIN 5:30AM-6:30AM	SPIN 5:15AM-6:15AM	SPIN 5:30AM-6:30AM	SPIN 7:30AM-8:15AM	
	TRX 5:30AM-6:15AM	SURGE! 5:30AM-6:30AM	YOGA POWER HOUR 5:30AM-6:30AM	MUSCLE 5:45AM-6:45AM	VINYASA YOGA 7:45AM-8:45AM	
	YOGA POWER HOUR 5:30AM-6:30AM	PILATES INTERVAL 5:30AM-6:15AM				
	SPIN 5:45AM-6:45AM					
<i>Morning</i>						
CUT 8:30AM-9:30AM	SPIN 8:30AM-9:30AM	VINYASA FLOW 8:00AM-9:00AM	MUSCLE 8:30AM-9:30AM	TRX 8:15AM-9:00AM	POUND 8:00AM-9:00AM	SPIN 8:30AM-9:30AM
YOGA POWER HOUR 9:00AM-10:00AM	MOVE IT! 9:00AM-9:45AM	MOVE IT! EXPRESS 8:00AM-8:30AM	CARDIO BOX 9:30AM-10:30AM	POWER YOGA 9:00AM-10:00AM	SPIN 8:30AM-9:30AM	CARDIO CORE 8:30AM-9:30AM
STRETCH 9:30AM-10:00AM	MUSCLE 9:30AM-10:30AM	SPIN 8:30AM-9:30AM		SPIN 9:00AM-10:00AM	ADVANCED BOOTCAMP 8:15AM-9:00AM	MUSCLE 9:30AM-10:30AM
SPIN 9:30AM-10:30AM		SURGE! 9:00AM-10:00AM			BOOTCAMP 9:00AM-9:45AM	VINYASA YOGA 9:30AM-10:30AM
					PILATES INTERVAL 9:00AM-10:00AM	DANCE NRG 10:30AM-11:30AM
					AMP'D 9:30AM-10:30AM	
					NRG BARRE 10:00AM-11:00AM	
<i>Lunchtime</i>						
				TRX 12:15PM-1:00PM		
<i>Evenings</i>						
DANCE NRG 4:30PM-5:00PM	TRX ROPES 5:30PM-6:15PM	NRG BARRE 5:30PM-6:30PM	NRG BARRE 4:30PM-5:30PM	HATHA FLOW YOGA 5:30PM-6:30PM		
TABATA 5:00PM-5:30PM	AMP'D 6:30PM-7:30PM	DANCE NRG 5:30PM-6:30PM	SPIN 6:00PM-7:00PM			
YOGA POWER HOUR 5:30PM-6:30PM	POUND 6:45PM-7:45PM	SPIN 6:00PM-6:45PM	SURGE! 6:15PM-7:15PM			
SPIN 6:00PM-6:45PM		MOVE IT! 6:30PM-7:15PM	STRETCH 7:15PM-7:45PM			
TRX 6:15PM-7:00PM		MUSCLE 7:00PM-7:45PM				
RESTORATIVE YOGA 6:45PM-7:45PM						
MUSCLE 7:00PM-7:45PM						