

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55			CYCLING STUDIO 2ND FLOOR				
7:15-8:10				HOT YOGA HOT YOGA STUDIO			
7:30-8:25	YIN YOGA HOT YOGA STUDIO	TABATA TRAIN STUDIO 2ND FLOOR					
8:00-8:45		H.I.I.T. CYCLING STUDIO 2ND FLOOR	H.I.I.T. STEP STUDIO 1	H.I.I.T. STEP (PRIVATE) STUDIO 1	H.I.I.T. STEP (PRIVATE) STUDIO 1	8:00-8:55 CYCLING ARMS ABS BUNS STUDIO 2ND FLOOR	
8:15-9:10				CYCLING STUDIO 2ND FLOOR			
8:30-9:25	CYCLING STUDIO 2ND FLOOR		CYCLING STUDIO 2ND FLOOR		CYCLING STUDIO 2ND FLOOR		CYCLING STUDIO 2ND FLOOR
8:45-9:45	CARDIO DANCE STUDIO 1		CARDIO DANCE STUDIO 1				
9:00-9:55		BODY SCULPT STUDIO 1		BODY STRONG STUDIO 1	CARDIO DANCE STUDIO 1	CARDIO LATINO STUDIO 1	
9:30-10:25							YOGA STRETCH STUDIO 1
9:45-10:45	PHYSICAL COND. (55+) RUBINO 3RD FLOOR		PHYSICAL COND. (55+) RUBINO 3RD FLOOR				
10:15-11:10		ESSENTRICS STUDIO 1		LINE DANCING STUDIO 1	YOGA STRETCH STUDIO 1	BOX FIT GYM 3RD FLOOR	
10:30-11:25						HOT YOGA HOT YOGA STUDIO	
11:00-12:00	PILATES STUDIO 1 & 2		PILATES STUDIO 1 & 2			YOGA FLOW STUDIO 1	
11:15-12:10							HOT YOGA HOT YOGA STUDIO
11:30-12:55		CHAIR FITNESS STUDIO 1		YOGA STRETCH STUDIO 1	CHAIR FITNESS STUDIO 1		
17:30-18:25		PILATES STUDIO 1			BALADI DANCE STUDIO 1		
18:00-18:55	X TRAIN GYM 3RD FLOOR			CYCLING STUDIO 2	CARDIO LATINO STUDIO 1	CYCLING ARMS ABS BUNS STUDIO 2ND FLOOR	
18:30-19:25	ZUMBA STUDIO 1 & 2	CARDIO FIT DANCE STUDIO 1	HOT YOGA HOT YOGA STUDIO	CARDIO DANCE STUDIO 1			
19:00-19:55							
19:15-20:15				YIN YOGA HOT YOGA STUDIO	CARDIO FIT DANCE STUDIO 1		
19:30-20:25		CYCLING STUDIO 2ND FLOOR	BODY SCULPT GYM 3RD FLOOR				
20:00-20:55	KANGOO STUDIO 1		KANGOO STUDIO 1				

- CARDIO
- STRENGTH
- CARDIO & STRENGTH MIX
- OLDER ADULT CLASSES
- CYCLING
- YOGA + STRETCH
- PRIVATE