|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 5:00 AM |  | ***FIT 360***  **TRX .PAT** |  | Spin PAT  ***Fit 360*** |  | **TRX. *PAT*** |  |
| 5:30 AM |  |  |  |  | Sunrise Core. Pat | ***Fit 360*** |  |
| 6:00 AM |  | Spin. Natalie | ***YOGA.PAT (YOGA STUDIO)***  ROK Core. Megan | Spin . Tommy  **TRX. *PAT*** | Spin . Pat  ***Fit 360*** | Spin . Pat | Spin .Pat |
| 6:30AM |  |  | Legs & Glutes. Megan |  |  |  |  |
| 7:00 AM |  |  | **Boxing.*MEGAN*** |  | **Boxing. *MEGAN*** |  | Sunrise Core . Pat |
| 7:15 AM | Spin . Tommy |  |  |  |  |  |  |
| 7:30 AM |  |  |  |  |  |  | Spin . Pat |
| 8:00 AM  8:15 AM | ***Boxing. Jay*** |  | ***FIT 360*** |  | ***Fit 360*** |  | ***FIT 360***  ***HIIT Pilates***  ***(PILATES STUDIO)*** |
| 8:30 AM | Spin. Tommy |  |  |  | Step & Sculpt . Megan | Spin. Steve S.  ***Pilates Circuit (UPSTAIRS STUDIO)*** | ***Boxing BootCamp. MEGAN***  **TRX .PAT** |
| 8:45 AM |  | ***FIT 360*** |  | ***FIT 360*** |  |  | 90 min. SpinFlex. Marnie |
| 9:00 AM  9:15AM | ***FIT 360*** |  |  | Zumba  Spin | ***Fit 360\****  ***Workshop.KEN*** |  |  |
| 9:30 AM  9:45AM | Kick, Pedal & Push . Tommy | ROK Body Circuit. Jill | ***FIT 360***  Spin . Carla |  | Spin . Tommy | ***Fit 360*** | ***YOGA. PAT***  ***(YOGA STUDIO***  ***TRX.JOE*** |
| 10:00AM  10:15AM | C:\Users\jsumner\AppData\Local\Temp\notes8AE39E\BODYPUMP Black.png . Jill | **TRX *.CHRISTINE***  ***YOGA .PAT (YOGA STUDIO)***  SpinFlex. Jill |  | C:\Users\jsumner\AppData\Local\Temp\notes8AE39E\BODYPUMP Black.png. Jill | ***Fit 360*** | ***YOGA .PAT***  ***(YOGA STUDIO)*** | ***FIT 360*** |
| 10:30AM |  |  | ***HIIT Pilates CARLA (PILATES STUDIO)*** |  |  |  |  |

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 11:00 AM | **TRX.  *JILL*** | Senior Fit. Margaret |  |  |  | Senior Fit. Maria | Zumba |
| 11:15AM |  |  | Healthy Backs & Stretching. Maria | Senior Fit. Jill |  |  |  |
| 11:30AM |  |  |  |  | Zumba Gold. Andrea |  |  |
| 12:00 PM |  | Zumba. Nando |  |  |  |  |  |
| 4:30 PM |  | Spin . Joanne |  |  |  | ***Fit 360*** |  |
| 5:00 PM |  |  |  |  |  |  |  |
| 5:20 PM |  |  | C:\Users\jsumner\AppData\Local\Temp\notes8AE39E\BODYPUMP Black.png |  |  |  |  |
| 5:30 PM |  | ***FIT 360***  ***YOGA. PAT***  ***(YOGA STUDIO)***  Insanity. Megan | ***TRX. JOE*** |  | ***Fit 360***  ***TRX. JOE***  ***YOGA .PAT***  ***(YOGA STUDIO)*** |  |  |
| 6:00PM |  | ROK Core. Megan |  | ***Fit 360*** | ***Fit 360\****  ***Workshop.KEN*** | ***Fit 360*** |  |
| 6:15PM |  |  |  | Zumba. Louraine |  |  |  |
| 6:30 PM |  | Spin.Tommy  Zumba | Spinflex . Jill  **Kangoo** | Spin . Tommy |  |  |  |
| 7:00 PM |  | ***FIT 360***  **Boxing *.MEGAN*** | ***Fit 360***  ***YOGA PAT***  ***(YOGA STUDIO)*** | **Boxing *.MEGAN*** | ***Fit 360***  Spin. Tommy |  |  |
| 7:30 PM |  |  | ***Pilates Barre CARLA*** | ***Fit 360*** |  |  |  |