

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycle</b> 6:00-6:30 AM   30 Mins Instructor: Hope	<b>Smash</b> 6:00-6:45 AM   45 Mins Instructor: Maddi	<b>Cycle</b> 6:00-6:30 AM   30 Mins Instructor: Hope	<b>Boxing</b> 6:00-6:45 AM   45 Mins Instructor: Hope	<b>Smash</b> 6:00-6:30 AM   30 Mins Instructor: Nat	<b>Run Club</b> 6:00-7:00 AM   60 Mins Instructor: Nat
<b>Smash</b> 9:15-9:45 AM   30 Mins Instructor: Tania	<b>Cycle</b> 9:15-9:45 AM   30 Mins Instructor: Nat	<b>Smash</b> 9:15-9:45 AM   30 Mins Instructor: Maddi	<b>Cycle</b> 9:15-9:45 AM   30 Mins Instructor: Hope	<b>Smash</b> 9:15-9:45 AM   30 Mins Instructor: Nat	<b>Smash</b> 6:30-7:15 AM   45 Mins Instructor: Hope
<b>Recovery Mobility</b> 10:00-10:45 AM   45 Mins Instructor: Rosie	<b>Power Bar</b> 10:00-10:45 AM   45 Mins Instructor: Tania	<b>Pilates</b> 10:00-11:00 AM   60 Mins Instructor: Lauren	<b>Boxing + Abs</b> 10:00-10:45 AM   45 Mins Instructor: Maddi	<b>Cardio Circuit</b> 12:00-12:30 PM   30 Mins Instructor: Rosie	
<b>Booty</b> 12:00-12:30 PM   30 Mins Instructor: Rosie	<b>Yoga</b> 12:00-1:00 PM   60 Mins Instructor: Karen	<b>Strength Circuit</b> 12:00-12:30 PM   30 Mins Instructor: Rosie	<b>Yoga</b> 12:00-1:00 PM   60 Mins Instructor: Ali		
<b>Smash</b> 5:30-6:00 PM   30 Mins Instructor: Tom	<b>Kids Ninja Warrior</b> 4:00-4:30 PM   30 Mins (Ages 5 - 9) Instructor: Nat	<b>Boxing</b> 5:30-6:15 PM   45 Mins Instructor: Tom	<b>Booty</b> 5:30-6:00 PM   30 Mins Instructor: Maddi		
<b>Cycle</b> 6:15-6:45 PM   30 Mins Instructor: Tania	<b>Core</b> 5:30-6:00 PM   30 Mins Instructor: Nat	<b>Yoga</b> 6:15-7:15 PM   60 Mins Instructor: Karen	<b>Cycle</b> 6:15-6:45 PM   30 Mins Instructor: Nat		
<b>Pilates</b> 6:45-7:30 PM   45 Mins Instructor: Lauren	<b>Booty</b> 6:00-6:30 PM   30 Mins Instructor: Maddi				