

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6:00-6:30 AM 30 Mins Instructor: Hope	Smash 6:00-6:40 AM 40 Mins Instructor: Hope	Spin 6:00-6:30 AM 30 Mins Instructor: Hope	Functional Strength 6:00-6:40 PM 40 Mins Instructor: Lucy	Smash 6:00-6:40 AM 40 Mins Instructor: Natalie	Yoga 8:00-9:00 AM 60 Mins Instructor: Tayla
Smash 9:15-9:55 AM 40 Mins Instructor: Tatiana	Spin 9:15-9:45 AM 30 Mins Instructor: Natalie	Functional Strength 9:15-9:55 AM 40 Mins Instructor: Maddi	Spin 9:15-9:45 AM 30 Mins Instructor: Hope	Spin 7:15-8:00 AM 45 Mins Instructor: Alex	Smash 9:15-9:55 AM 40 Mins Instructor: Alex/Lucy
Smash 12:15-12:55 PM 40 Mins Instructor: Tatiana	Yoga 12:00-1:00 PM 60 Mins Instructor: Tayla	Functional Strength 12:15-12:55 PM 40 Mins Instructor: Courtney	Yoga 12:00-1:00 PM 60 Mins Instructor: Dan	Smash 9:15-9:55 AM 40 Mins Instructor: Natalie	
Boxing 5:30-6:00 PM 30 Mins Instructor: Tom	Functional Strength 5:30-6:10 PM 40 Mins Instructor: Courtney	Boxing 5:30-6:00 PM 30 Mins Instructor: Tom	Smash 5:30-6:10 PM 40 Mins Instructor: Maddi		
Spin 6:15-6:45 PM 30 Mins Instructor: Alex	Smash 6:15-6:55 PM 40 Mins Instructor: Courtney	Dance N Sweat 6:15-6:55 PM 40 Mins Instructor: Sally	Functional Strength 6:15-6:55 PM 40 Mins Instructor: Lucy		
Dance N Sweat 7:00-7:40 PM 40 Mins Instructor: Sally	Pilates 7:00-8:00 PM 60 Mins Instructor: Lauren		Pilates 7:00-8:00 PM 60 Mins Instructor: Lauren		