

CLASS SCHEDULE

FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
STRENGTH	6 AM & PM 8 AM 12 PM	6 AM & PM 8 AM & PM 12 PM	6 AM & PM 8 AM 12 PM	6 AM & PM 8 AM & PM 12 PM	6 AM & PM 8 AM 12 PM	9 AM 11:30 AM	9 AM 11:30 AM
PROGRAMMED HIIT	8 AM & 8 PM 9 AM 2:30 & 5 PM	6 AM & PM 9 & 9:30 AM 5 PM	8 & 9 AM 12 PM 5 & 6 PM	6 AM & PM 9 & 9:30 AM 5 PM	8 AM & PM 9 AM & 1 PM 5 & 6 PM	-	-
MRT	6 AM & PM 11:30 AM	8 AM 11:30 AM 6 PM	6 AM 12:30 PM 8 PM	8 AM 11:30 AM 6 PM	6 AM & PM 11:30 AM	9 AM 11:30 AM 4 PM	9 AM 11:30 AM 4 PM
STUDIO HIIT	7 AM	6 AM	7 AM	6 AM	7 AM	-	7:30 AM
SAND HIIT	9:30 AM	-	-	-	9:30 AM	-	-

CYCLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
BLEND CYCLE	6 AM & PM	9 AM	-	9 AM	6 AM & PM	8:30 AM	11:30 AM
POWER CYCLE	-	-	6 AM & PM	-	-	-	-

YOGA

	MON	TUES	WED	THURS	FRI	SAT	SUN
RECOVERY YOGA	9 AM	7 PM	-	7 AM	7 PM	10 AM	1 PM
DEEP STRETCH (YIN)	12:30 PM	7 AM	7 PM	12:30 PM	9 AM	1 PM	10 AM
POWER YOGA	7 PM	-	-	7 PM	12:30 PM	-	-
FUNCTIONAL STABILITY	-	12:30 PM	9:30 AM	-	-	-	-
MEDITATION	-	-	-	-	-	11 AM	-

INJURY PREVENTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
CORE & SPINE	7:30 AM & PM 11:30 AM	7 AM 7:30 PM	9 AM 7 PM	7 AM 11:30 AM 7:30 PM	7:30 AM 7 PM	8:30 AM 12:30 PM	8:30 AM 12:30 PM
UPPER BODY	7 AM	9 AM 7 PM	7:30 AM 11:30 AM	9 AM	7 AM 7:30 PM	10 AM	11 AM
LOWER BODY	9 AM 7 PM	7:30 AM 11:30 AM	7 AM 7:30 PM	7:30 AM 7 PM	9 AM 11:30 AM	11 AM	10 AM