

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM			Turbo Kick		Cycle		
7:00 AM		Cycle		Cycle with Weights			
8:15 AM						Boot Camp	
8:15 AM						Cycle	
8:30 AM	Pilates		Interval Aerobics				
9:15 AM						Cycle	Cycle
9:15 AM							Boxing
9:00 AM					Yoga		
9:30 AM	Strength & Endurance		Pilates		Kickboxing		
10:15 AM							
10:30 AM						Abs/Core (15min)	
11:15 AM						Hot Yoga	Restorative Yoga
12:00 PM							
5:30 PM		Abs/Core (30) min					
5:30 PM	Cycle	Cycle	Cycle	Cycle			
6:00 PM		Boot camp					
6:30 PM				Core Balance			
7:15 PM	Power Vinyasa Yoga	Kickboxing	Hot Yoga				
8:15 PM	MMA Conditioning		HITT	Boxing			