

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|----------------------|-----------------------|----------------------|----------------------|------------------------|----------------------|------------------|
| 8:00 | | | | | Roll&Recover DeeDee | | |
| 8:30 | | | | | | Cardio Kick Cindy | |
| 9:00 | | 10-40 DeeDee | Pilates Rosi | TRX/Kettel DeeDee | | Body Toning Cindy | |
| 9:30 | Fusion Russel | | | | | | |
| 10:00 | | | | | ..Yoga.. Patrice | | ..Yoga.. Nita |
| 10:30 | | | | | | ..Yoga.. Dina | |
| 4:15 | Pilates Allison | | | | | | |
| 6:00 | Cardio Kick Cindy | Boot Camp \$10 fee | Cardio Kick Cindy | | | | |