

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY					
A	B	C	A	B	C	A	B	C	A	B	C	A	B	C	A	B	C			
		5:30-6:15 Spin		5:45-6:30 P90X				5:30-6:15 Spin		5:45-6:30 P90X				5:30-6:15 Spin						
	7:45-8:15 TRX						7:45-8:15 TRX						7:45-8:15 TRX							
	8:30-9:15 P90X					8:00-9:15 Vinyasa	8:30-9:15 P90X					8:00-9:15 Vinyasa								
	9:15-10:00 CTS	9:15-10:00 Spin					9:15-10:00 CTS	9:15-10:00 Spin						9:15-10:00 Spin	9:00-10:00 Dance Trance		9:00-9:45 Spin			
10:00-11:00 DT BDown	10:15-11:15 Bag Basics			10:15-11:15 TRX		10:00-11:00 Dance Trance	10:15-11:15 Bag Basics			10:15-11:15 TRX		10:00-11:00 Dance Trance	10:15-11:15 Bag Burn			10:00-11:00 CTS	10:15-11:15 Hot 26 Yoga			
11:15-12:15 Beginners Yoga			11:15-12:15 Hot 26 Yoga (Bikram Style)			11:15-12:15 Restorative Yoga			11:15-12:15 Hot 26 Yoga (Bikram Style)			11:15-12:15 Restorative Yoga			SUNDAY					
LUNCHBOX 12:15-12:45			LUNCHBOX 12:15-12:45			LUNCHBOX 12:15-12:45			LUNCHBOX 12:15-12:45			LUNCHBOX 12:15-12:45			YOGA NIDRA 6:00PM					
Pilates		SPIN	TRX			SPIN			TRX			Abs/Glutes			OFFICE HOURS: <u>Monday:</u> 8:00am - 12:00pm 5:00pm - 7:30pm <u>Tuesday:</u> 4:15pm - 7:00pm <u>Wednesday:</u> 8:00am - 12:00pm 5:00pm - 7:30pm <u>Thursday:</u> 4:15pm - 7:00pm <u>Friday:</u> 8:00am - 12:00pm 5:00pm - 7:30pm <u>Saturday:</u>					
<i>CLOSED UNTIL CLASSES RESUME IN THE AFTERNOON</i>																				
				4:30-5:30 CTS						4:30-5:30 CTS		4:00-5:00 Dance Trance	4:00-5:00 KBox/ TRX	4:15-5:00 Spin						
5:15-6:15 Beginner Yoga		5:30-6:15 Spin	5:15-6:15 Pound	5:30-6:15 TRX Boot Camp		6:30-7:30 Dance Trance	5:45-6:30 P90X	5:30-6:15 Spin		5:30-6:15 TRX Boot Camp		5:15-6:30 Hot Yoga								
6:30-7:30 DT BDown				6:15-7:15 KBox		5:15-6:15 Hot Yoga				6:15-7:15 KBox		Check Out Our Class Schedule at: www.thebeatfitness.net								
7:30-8:30 Dance Trance			7:00-8:00 Restorative Yoga						7:00-8:00 Mens Yoga (Craft Beer Night)											