

# The Beat Fitness Class Schedule

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		5:30-6:15 CTS				5:30-6:15 Spin		5:30-6:15 CTS				5:30-6:15 Spin						
	7:45-8:15 TRX						7:45-8:15 TRX						7:45-8:15 TRX							
8:15-9:15 Mindful Movement	8:45-9:45 CTS					8:15-9:15 Spirited Vinyasa	8:45-9:45 CTS		8:30-9:30 Be Moved Meditation			8:15-9:15 Spirited Vinyasa								
		9:15-10:00 Spin	9:15-10:15 Mommy & Me Yoga					9:15-10:00 Spin				9:15-10:00 Zumba/Pound		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 Burn			10:15-11:15 TRX		10:00-11:00 Dance Trance	10:15-11:15 Bag Burn			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 Basic Yoga Flow			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 Mindful Movement			<b>SUNDAY</b> YOGA NIDRA TBA					
LUNCHBOX 12:15-12:45 SPIN			LUNCHBOX 12:15-12:45 TRX			LUNCHBOX 12:15-12:45 SPIN			LUNCHBOX 12:15-12:45 TRX			LUNCHBOX 12:15-12:45 Butts-n-Guts			<b>OFFICE HOURS:</b> <u>Monday:</u> 8:00am - 12:00pm 4:00pm - 7:30pm <u>Tuesday:</u> 8:30am-12:00pm 4:15pm -7:00pm <u>Wednesday:</u> 8:00am - 12:00pm 5:00pm - 7:30pm <u>Thursday:</u> 8:30am-12:00pm 4:15pm -7:00pm <u>Friday:</u> 8:00am - 12:00pm 3:45pm - 7:30pm <u>Saturday:</u> 8:30am - 11:15am					
<i>CLOSED UNTIL CLASSES RESUME IN THE AFTERNOON</i>																				
4:15-5:00 Pilates Mat				4:30-5:15 CTS						4:30-5:15 CTS		4:00-5:00 Dance Trance	4:30-5:15 Butts n Guts							
5:15-6:15 Basic Yoga Flow		5:30-6:15 Spin	5:30-6:15 Pound	5:30-6:15 TRX Boot Camp		5:15-6:15 Dance Trance	5:15-6:00 Booty-Licious	5:30-6:15 Spin	5:30-6:15 Zumba	5:30-6:15 TRX Boot Camp		5:15-6:30 Hot Power Yoga								
6:30-7:30 DT BDown				6:15-7:00 Bag Burn		6:30-7:30 Hot Power Yoga	6:15-7:00 Big Ball Bounce			6:15-7:00 Bag Burn		Check Our Our Classes and Programs at: <a href="http://www.thebeatfitness.net">www.thebeatfitness.net</a>								
7:30-8:30 Dance Trance			7:00-8:00 Restorative Yoga			7:30-8:15 Yoga Nidra			7:00-8:00 Hot Yoga (Craft Beer Night)											

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