

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				
8:15-9:15 Mindful Movement	8:30-9:15 P90X					8:15-9:15 Vinyasa	8:30-9:15 P90X		9:00-10:00 Island Yoga (Scott Rd)			8:15-9:15 Vinyasa					
	9:15-10:15 CTS	9:15-10:00 Spin	9:00-10:00 Funky Hot Flow				9:15-10:15 CTS	9:15-10:00 Spin		9:00-10:00 Bag Basics				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 Restorative Yoga			SUNDAY YOGA NIDRA TBA TEEN YOGA 8:00pm		
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			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> 8:30am - 11:15am		
SPIN			TRX			SPIN			TRX			Butts-n-Guts					
<i>CLOSED UNTIL CLASSES RESUME IN THE AFTERNOON</i>																	
4:30-5:15 Pilates Mat				4:30-5:15 CTS						4:30-5:15 CTS		4:00-5:00 Dance Trance	4:00-5:00 Butts-n-Guts				
5:15-6:15 Basic Yoga Flow		5:30-6:15 Spin	5:15-6:15 Pound	5:30-6:15 TRX Boot Camp		5:15-6:15 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		6:30-7:30 Hot Yoga			5:45-6:45 DT BDown	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 Hot Yoga (Craft Beer Night)								