ENERGY GYM



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Fitness Studio 1		Fitness Studio 1		Fitness Studio 1		Fitness Studio 1		Fitness Studio 1		Fitness Studio 1		Fitness Studio 1	
6:15AM - 6:45AM	VIRTUAL GRIT Cardio	4:40AM - 5:40AM	VIRTUAL BODYPUMP	6:00AM - 6:30AM	VIRTUAL GRIT	4:40AM - 5:40AM	VIRTUAL BODYPUMP	6:15AM - 6:45AM	VIRTUAL CXWORX	7:30AM - 8:15AM	VIRTUAL BODYPUMP	7:35AM - 8:05AM	VIRTUAL CXWORX
7:00AM - 7:45AM	VIRTUAL BODYPUMP	6:00AM - 7:00AM	VIRTUAL BODYCOMBAT	6:45AM - 7:45AM	Strength VIRTUAL	6:00AM - 7:00AM	VIRTUAL BODYPUMP	7:00AM - 7:45AM <i>E</i>	VIRTUAL BODYPUMP	8:30AM - 9:00AM	VIRTUAL CXWORX	8:15AM - 9:00AM	VIRTUAL Bodypump
8:00AM - 9:15AM	Yoga (75 min)	7:00AM - 7:45AM	Step		BODYPUMP	8:15AM - 9:15AM	BODYPUMP™	7:50AM - 8:40AM	Step	9:15AM - 10:15AM	BODYPUMP ¹¹	9:15AM - 10:00AM	Pound®
9:30AM - 10:30AM	Zumba	8:15AM - 9:15AM	<i>BODYPUMP</i> ™	8:00AM - 8:50AM		9:30AM - 10:30AM	Strong by	8:45AM - 9:30AM	Pilates N	10:30AM - 11:30AM	Zumba	10:10AM - 11:00AM	M LaBlast
10:35AM - 11:20AM	KETTLEBELLS	9:30AM - 10:30AM	Fit + Flow Yoga	0.05444 0.25444	Yoga		Zumba®		More		Gold®	11:30AM - 12:30PM	
4:00PM - 4:30PM	VIRTUAL	10:40AM - 11:40AM		9:05AM - 9:35AM 9:45AM - 10:45AM	CXWORX™ Zumba	10:30AM - 11:30AM		9:30AM - 10:30AM	Zumba		VIRTUAL BODYCOMBAT		BODYCOMBAT
	BODYCOMBAT		BODYCOMBAT	11:00AM - 11:30AM		11:50AM - 12:35PM	VIRTUAL SH'BAM	10:35AM - 11:20AM		3:00PM - 3:45PM	VIRTUAL	3:00PM - 4:00PM	VIRTUAL BODYFLOW
5:30PM - 6:30PM	BODYPUMP™	12:00PM - 12:30PM	VIRTUAL BARRE	11.00AW - 11.30AF	GRIT	4:30PM - 5:00PM	VIRTUAL	11:30AM - 12:00PM	CXWORX	3.00FW - 3.43FW	SH'BAM	4:45PM - 5:15PM	VIRTUAL GRIT
6:30PM - 7:30PM		4:00PM - 5:00PM	VIRTUAL	Strength		GRIT Strength				Cycle Studio	1	4.401 W 5.101 W	Cardio
Cycle Studio 1		4.001 W 5.001 W	BODYPUMP	4:30PM - 5:00PM	VIRTUAL GRIT Cardio	5:00PM - 5:30PM A	(ETTLEBELLS	4.401 W 5.101 W	CXWORX	Cycle Studio	<u> </u>	5:30PM - 6:30PM	VIRTUAL BODYFLOW
4:45AM - 5:15AM	VIRTUAL	6:20PM - 7:10PM Pound ®		6:30PM - 7:30PM		VIRTUAL	5:30PM - 6:30PM	VIRTUAL 4:45AM - 5:15	4:45AM - 5:15AM				
	SPRINT	7:15PM - 7:45PM VIRTUAL		5:30PM - 6:15PM BODYPUMP™		BODYFLOW		BODYFLOW		SPRINT 8:15AM - 9:15AM RPM ™		Cycle Studio 1	
5:30AM - 6:30AM	RPM™		BODYCOMBAT	6:15PM - 6:45PM 7:00PM - 7:30PM	CXWORX™	Cycle Studio 1		Cycle Studio 1			VIRTUAL RPM	4:40AM - 5:10AM	
8:15AM - 9:15AM	RPM™	8:00PM - 9:00PM			VIRTUAL CXWORX	4:45AM - 5:15AM	VIRTUAL	4:45AM - 5:15AM	VIRTUAL	9.30AW - 10.00AW	VIKTUAL KEW	8:15AM - 9:05AM	VIRTUAL SPRINT
9:30AM - 10:20AM	VIRTUAL RPM	BODYFLOW				4.45AW - 5.15AW	SPRINT	4.45AW - 5.15AW	SPRINT			9:15AM - 9:45AM	
5:30PM - 6:20PM	VIRTUAL RPM	Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT		Cycle Studio	<u> </u>	5:30AM - 6:00AM	VIRTUAL SPRINT	5:30AM - 6:20AM	VIRTUAL RPM			9. I JAIVI - 9.4JAIVI	VIKTUAL SPRINT
				4:45AM - 5:15AM	VIRTUAL								
		8:30AM - 9:00AM VIRTUAL SPRINT			SPRINT	8:30AM - 9:00AM	VIRTUAL	8:15AM - 9:15AM	RPM™				
		5:30PM - 6:30PM	RPM™	5:30AM - 6:00AM	VIRTUAL SPRINT		SPRINT	10:30AM - 11:00AM					
				8:15AM - 9:15AM	SPKINT RPM™	9:30AM - 10:20AM	VIRTUAL RPM		SPRINT				
				9:50AM - 10:20AM	VIRTUAL	5:30PM - 6:30PM	RPM™						
					SPRINT	J.JUI IVI - U.JUFIVI	KF W						
				5:30PM - 6:20PM	VIRTUAL RPM								

All BodyPump X classes are indicated by the duration of the class, there will be no X on the printed schedule.

NEW STEP CLASS on Tuesdays at 7:15am starting on December 3rd

NEW KETTLEBELL CLASS on Thursdays at 7:15am starting on December 5th

Toys for Tots Zumba Party on Friday, December 13th with Janae