FEBRUARY 2020

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 BODYFLOW	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)	7:15AM - 8:00AM	Step		BODYPUMP	7:15AM - 8:00AM A	<i>(ETTLEBELLS</i>	7:50AM - 8:40AM	Step	9:15AM - 10:15AM	BODYPUMP™	9:15AM - 10:00AM	Pound®
9:30AM - 10:30AM	Zumba	8:15AM - 9:15AM	BODYPUMP ™	8:00AM - 8:50AM	Yin / Gentle	8:15AM - 9:15AM	BODYPUMP™	8:45AM - 9:30AM	Pilates N	10:30AM - 11:30AM	Zumba	10:10AM - 11:00AM	LaBlast
10:45AM - 11:30AM	KETTLEBELLS	9:30AM - 10:30AM	Fit + Flow Yoga		Yoga	9:30AM - 10:30AM	TABATA]	More		Gold ®	11:30AM - 12:30PM	VIRTUAL
4:00PM - 5:00PM	VIRTUAL	10:40AM - 11:40AM	VIRTUAL	9:05AM - 9:35AM	CXWORX™	10:30AM - 11:30AM	LaBlast	9:30AM - 10:30AM	Zumba	12:00PM - 1:00PM	VIRTUAL		BODYCOMBAT
	BODYCOMBAT		BODYCOMBAT	9:45AM - 10:45AM	Zumba	11:50AM - 12:35PM	VIRTUAL	10:35AM - 11:20AM	Pound®		BODYCOMBAT	3:00PM - 4:00PM	VIRTUAL
5:30PM - 6:30PM	BODYPUMP™	12:00PM - 12:30PM	VIRTUAL	11:00AM - 11:30AN			SH'BAM	11:30AM - 12:00PM	VIRTUAL	3:00PM - 3:45PM	VIRTUAL		BODYFLOW
6:30PM - 7:30PM	Fit + Flow Yoga		BARRE		GRIT Strength	4:30PM - 5:00PM	VIRTUAL		CXWORX		SH'BAM	4:45PM - 5:15PM	VIRTUAL GRIT
Cycle Studio 1		3:00PM - 3:30PM	VIRTUAL GRIT	4:20DM 5:00DM	VIRTUAL	GRIT Strength		4:45PM - 5:15PM	VIRTUAL	Cycle Studio	I		Cardio
Cycle Studio	<u>'</u>		Athletic	4:30PM - 5:00PM	GRIT Cardio	5:00PM - 5:45PM	H.I.I.T.		CXWORX	4:45AM - 5:15AM	VIRTUAL	5:30PM - 6:30PM	VIRTUAL BODYFLOW
4:45AM - 5:15AM	VIRTUAL	4:00PM - 5:00PM	VIRTUAL	5:30PM - 6:15PM		6:30PM - 7:30PM	VIRTUAL	5:30PM - 6:30PM	VIRTUAL	4.43AW - 3.13AW	SPRINT		
	SPRINT		BODYPUMP	6:15PM - 6:45PM		BODYFLOW		BODYFLOW		8:15AM - 9:15AM RPM™ Cycle Studio		1	
5:30AM - 6:30AM	RPM™	6:20PM - 7:10PM	Pound®	7:00PM - 7:45PM	VIRTUAL	Cycle Studio	1	Cycle Studio	1	9:30AM - 10:00AM	VIRTIIAI RPM	4:40AM - 5:10AM	VIRTIIAI SPRINT
8:15AM - 9:15AM	RPM™	7:15PM - 7:45PM	VIRTUAL	7.00FW - 7.43FW	SH'BAM	•		4:45AM - 5:15AM	VIRTUAL	3.007tm 10.007tm	THE TOPIC III	8:15AM - 9:05AM	VIRTUAL RPM
9:30AM - 10:20AM	VIRTUAL RPM	0.00014 0.00014	BODYCOMBAT	Ovela Otvedia		4:45AM - 5:15AM	VIRTUAL SPRINT	4.40AW 0.10AW	SPRINT			9:15AM - 9:45AM I	
5:30PM - 6:20PM	VIRTUAL RPM	8:00PM - 9:00PM	VIRTUAL BODYFLOW	Cycle Studio	I	5:30AM - 6:00AM		5:30AM - 6:20AM	VIRTUAL RPM			9.13AW - 9.43AW 1	VIKTUAL SPRINT
		Cycle Studio		4:45AM - 5:15AM	VIRTUAL SPRINT	5:30AM - 6:00AM	VIRTUAL SPRINT	0.007					
						8:30AM - 9:00AM	VIRTUAL	8:15AM - 9:15AM	RPM™				
		4:45AM - 5:15AM	VIRTUAL SPRINT	5:30AM - 6:00AM	VIRTUAL	0.30AW - 9.00AW	SPRINT	10:30AM - 11:00AM	VIRTUAL				
		8:30AM - 9:00AM	VIRTUAL SPRINT		SPRINT	9:30AM - 10:20AM	VIRTUAL		SPRINT				
		5:30PM - 6:30PM	RPM™	8:15AM - 9:15AM	RPM™	7.007	RPM						
		3.301 W 3.001 W	N W	9:50AM - 10:20AM	VIRTUAL SPRINT	5:30PM - 6:30PM	RPM™			indicat	مد داء	icc chan	ισρς
				5:30PM - 6:20PM	VIRTUAL RPM					maicat	es cla	iss citati	iges

Womens Self Defense (Enrollment)

2 Hour Workshop by RU Streetwise Classroom & Hands on instruction \$34.95 under Enrollments under app February 22nd 12:00pm - 2:00pm

Space is limited.