

ELEVATED MEMBERSHIP	SOUND HEALING	FRIDAY NIGHT DANCE PARTY	PERSONAL TRAINING					
ENERGY MEMBERSHIP	ARTIST COLLECTIVE	OPEN MIC NIGHT						
EXCHANGE MEMBERSHIP	SACRED CIRCLE	SPECIAL EVENT						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		TIME	SATURDAY
6:00 - 6:45 am 45 minutes							7:15 - 8:00 am 45 minutes	
	Athletic Performance	Athletic Performance	Athletic Performance	Athletic Performance	Athletic Performance			
	Combat Cardio		Combat Cardio		Combat Cardio			
7:15 - 8:00 am 45 minutes							8:30 - 9:30 am 1 hour	Yogalates
	Built Different Express (HIIT)	Built Different Express (HIIT)	Built Different Express (HIIT)	Built Different Express (HIIT)	Built Different Express (HIIT)			
	Island Bootcamp		Combat Core		Combat strength			
8:30 - 9:30 am 1 hour	Yoga (Sports Mode)	Pilates (Core on the Floor)	Yoga (Body, Breath, and Balance)	Pilates (Core on the Floor)			10:00 - 11:00 am 1 hour	SOUND HEALING
							11:30 - 12:30 pm 1 hour	ARTIST COLLECTIVE
	Combat Tai Chi		Combat Tai Chi	Women Self Defense	Combat Tai Chi		1:00 - 5:00 pm 4 hours	SPECIAL EVENT
10:00 - 11:00 am 1 hour	Yoga (Slow Flow)			Yoga (Grounded)				
	Vets Mobility	Women Self Defense	Combat Stretch & Recovery	Vets Mobility	Combat Stretch & Recovery		6:00 - 10:00 pm 4 hours	OPEN MIC NIGHT
12:00 - 1:00 pm 1 hour		SOUND HEALING	Into the Deep (Stretch and Meditation)	Family Yoga and Meditation				
1:30 - 2:30 pm 1 hour	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING			
3:00 - 4:00 pm 1 hour	Yoga (Body, Breath, and Balance)	Yoga (Grounded)	Yogalates	Yoga (Slow Flow)			TIME	SUNDAY
							7:15 - 8:00 am 45 minutes	
4:30 - 5:30 pm 1 hour	Family Yoga (Animal Kingdom)		Family Yoga and Meditation	Yoga (Sports Mode)	Yoga (Slow Flow)			
							8:30 - 9:30 am 1 hour	
		Boss Fight - kids 9-12 Mixed Martial Arts		Boss Fight - kids 9-12 Mixed Martial Arts				
6:00 - 6:45 pm 45 minutes					Friday Night Dance Party (6-10 pm)			
Family	Family Power Hour Anime Hero - Teen 13-18 Mixed Martial Arts Fitness	Family Power Hour	Family Power Hour Anime Hero - Teen 13-18 Mixed Martial Arts Fitness	Family Power Hour			10:00 - 11:00 am 1 hour	
7:15 - 8:00 pm 45 minutes								Weekend Warriors Combat Training
	All Gas Training	All Gas Training	All Gas Training	All Gas Training			11:30 - 12:30 pm 1 hour	ARTIST COLLECTIVE
	Combat Cardio		Combat Cardio				1:00 - 3:00 pm 2 hours	SPECIAL EVENT
8:30 - 9:30 pm 1 hour	Into the Deep (Stretch and Meditation)	Stretch and Silent Meditation	ARTIST COLLECTIVE	Candlelight Meditation				
							4:00 - 6:00 pm 2 hours	SACRED CIRCLE