

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