

SUMMER FITNESS SCHEDULE (JUNE 3 - AUGUST 31)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM					SCUPLT ROW	SCUPLT ROW	
9:00 AM	CYCLE YOGA		CYCLE STRENGTH			CYCLE STRENGTH	CYCLE CORE
						ABS & ASS	
9:30 AM		BARRE		BARRE		SCUPLT ROW	
						FLOW YOGA 9:45AM	
10:45 AM	BOOT CAMP 10:30AM	CYCLE STRENGTH	SCUPLT ROW	PILATES FUSION	CYCLE CORE		SCULPT ROW 10:00AM
12:00 PM	SCUPLT ROW						
5:45 PM	BOOT CAMP 5:30PM			GENTLE YOGA 5:30PM			
6:45 PM	SCUPLT ROW	BARRE		BARRE			
7:00PM		ABS & ASS (7:15PM)	SCULPT ROW	CYCLE CORE			WARM RESTORATIVE STRETCH
	FITNESS CLASSES						