

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM	ADV. POWER CIRCUIT	REFORMER		ADV. FIT-MIX			
8:30 AM	REFORMER		REFORMER		REFORMER	SCULPT ROW	
					SCULPT ROW	SCULPT CYCLE	
9:00 AM	CYCLE YOGA	IYENGAR YOGA	SCULPT CYCLE		IYENGAR YOGA		CYCLE CORE
9:30 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
	POWER TRX	BARRE	ADV. POWER CIRCUIT	POWER TRX BARRE	H.I.I.T. CAMP	SCULPT ROW	
9:45 AM			*NEW* CARDIO CIRCUIT			FLOW YOGA	SCULPT ROW
10:30 AM		REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
10:45 AM	PILATES FUSION	*NEW* SPINTERVALS	SCULPT ROW	PILATES FUSION	CYCLE CORE		BARRE
12:00 PM	SCULPT ROW	REFORMER 12:15PM					
		ADV. POWER CIRCUIT					
4:45 PM		REFORMER					
5:30 PM	*NEW* CARDIO CIRCUIT		REFORMER	GENTLE FLOW YOGA			
5:45 PM	ADV POWER CIRCUIT	SCULPT ROW	SCULPT ROW				
		BEGINNER REFORMER					
6:45 PM	REFORMER		REFORMER 6:30 PM	REFORMER			
	PILATES FUSION			BARRE			
7:00 PM	SCULPT ROW	WARM RESTORATIVE YOGA	IYENGAR YOGA	SCULPT ROW			WARM RESTORATIVE STRETCH
		BEGINNER POWER CIRCUIT					
8:00 PM	REFORMER		REFORMER 7:30 PM				

CYCLE + YOGA + ROW + BARRE + PILATES FUSION PASSES

PILATES REFORMER + IYENGAR YOGA + SPECIALTY FITNESS PASSES