

FALL SCHEDULE | SEPTEMBER 8TH - NOVEMBER 28TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM		CYCLE STRENGTH 7:30AM IYENGAR YOGA (8:00AM) STARTING SEPT. 15th	TOTAL BODY SCULPT	FIT-MIX	SCULPT ROW		
8:30 AM		REFORMER	REFORMER	REFORMER	REFORMER	SCULPT ROW (8:45AM)	
9:00 AM						CYCLE STRENGTH	CYCLE STRENGTH
9:30AM			TOTAL BODY SCULPT	MET CON	H.I.I.T CAMP (9:15AM)		
9:45 AM		REFORMER H.I.I.T CAMP	REFORMER	REFORMER	REFORMER	FLOW YOGA	
10:00 AM					IYENGAR YOGA (10:30AM)	REFORMER	SCULPT ROW
10:45 AM			SCULPT ROW	SCULPT ROW			
11:00 AM		BARRE	REFORMER		CYCLE BARRE		
5:45 PM		SCULPT ROW	REFORMER	MEN'S REFORMER			
				SCULPT ROW			
6:30 PM	RESTORATIVE YOGA		IYENGAR YOGA				
6:45 PM				SCULPT ROW			
7:00 PM		BARRE	REFORMER	REFORMER			