

FALL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM					SCULPT ROW	SCUPLT ROW	
9:00 AM	CYCLE YOGA		CYCLE STRENGTH			CYCLE STRENGTH	
						ABS & ASS	CYCLE CORE
9:30 AM		BARRE		BARRE		SCUPLT ROW	
10:30 AM			BOOTCAMP (10:00AM)				SCULPT ROW (10:00AM)
10:45 AM		CYCLE STRENGTH	SCUPLT ROW	PILATES FUSION	CYCLE CORE		
12:00 PM	SCUPLT ROW						
4:45PM		TEEN FIT (4:00pm)		TEEN FIT (4:00pm)			
5:30 PM				GENTLE YOGA			
5:45 PM		ABS & ASS		ABS & ASS			
6:45 PM		SCULPT ROW		BARRE			
7:00PM	WARM RESTORATIVE		SCULPT ROW				
	STUDIO CLASSES						

