

## WEEKLY CLASS SCHEDULE

### GROUP X & YOGA

### BOOT CAMP

<b>M</b>	5:30 AM	Move It	5:45 AM	Sprint + Upper Body Lift (Advanced)
	12:15 PM	Yoga (Vinyasa flow) (all levels)	5:45 AM	Metabolic Circuit
	6:30 PM	Move It	9:30 AM	Sprint + Upper Body Lift
			4:30 PM	Sprint + Upper Body Lift (Advanced)
			6:00 PM	Sprint + Upper Body Lift
			7:00 PM	Sprint + Upper Body Lift
<b>T</b>	9:30 AM	HIIT The Deck: Lower Body	5:45 AM	Sprint + Upper Body Lift
	9:30 AM	Restorative Yoga	6:00 PM	Lower Body Lift
	5:30 PM	HIIT The Deck: Lower Body	7:00 PM	Lower Body Lift
	6:30 PM	HIIT The Deck: Lower Body		
<b>W</b>	5:30 AM	HIIT The Deck: Total Body	5:45 AM	Lower Body Lift + TEST (Advanced)
	6:30 PM	HIIT The Deck: Total Body	5:45 AM	Sprint + Upper Body Lift
	6:30 PM	Yoga (Vinyasa flow) (beginner)	6:45 AM	Lower Body Lift + TEST (Advanced)
	7:45 PM	Yoga (Vinyasa flow) (advanced)	9:30 AM	Lower Body Lift + TEST
			4:30 PM	Lower Body Lift + TEST (Advanced)
		7:00 PM	Power Lift	
<b>T</b>	9:30 AM	HIIT The Deck: Upper Body	5:45 AM	Total Body + TEST
	9:30 AM	Beginner Yoga	7:00 PM	Total Body + TEST
	5:30 PM	HIIT The Deck: Upper Body		
	6:30 PM	HIIT The Deck: Upper Body		
<b>F</b>	5:30 AM	HIIT The Deck: Total Body	5:45 AM	Metabolic Circuit (Advanced)
	9:30 AM	Hatha Yoga	5:45 AM	Lower Body Lift + TEST
			9:30 AM	Metabolic Circuit
			4:30 PM	Metabolic Circuit (Advanced)
<b>S</b>	6:30 AM	Yoga (Vinyasa flow) (intermediate)	8:00 AM	Metabolic Circuit
	9:00 AM	HIIT The Deck: Total Body	9:00 AM	Upper Body Lift (Advanced)
	9:30 AM	Iyengar-inspired Yoga	9:00 AM	Active Stretching (3rd Saturday)
	10:30 AM	Move It		
<b>S</b>	8:00 AM	Move It	9:00 AM	Upper Body Lift
	8:00 AM	Iyengar-inspired Yoga	10:00 AM	Metabolic Circuit
	9:30 AM	HIIT The Deck: Lower Body		
	9:30 AM	Yoga (Vinyasa flow) (intermediate)		
	6:00 PM	Advanced Yoga		

**Class Length:** Group X 45 mins. Yoga 60-75 mins. Boot camp 60 minutes.