



CLASS SCHEDULE

Monday

5am-9pm

5:00am Body Pump
7:45am Yoga
8:45am Body Pump
6:00pm Body Pump

Tuesday

5am-9pm

8:45am CardioKickbox
6:00pm The Burn

Wednesday

5am-9pm

5:00am Body Pump
8:45am Zumba
5:30pm Spin
6:30pm Body Pump

Thursday

5am-9pm

8:45am Pilates
6:00pm The Burn

Friday

5am-9pm

5:00am Body Pump
8:45am Barre
10:00am Body Pump

Saturday

7am-6pm

8:30am Spin
9:30am Body Pump

Sunday

8am-4pm

8:30am Spin
8:30am Yoga
10:00am The Burn



PRIME TIME FITNESS

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