

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MOVE-IT + LIFT-IT
5:00-6:00 AM

HIIT-IT + AB LAB
6:30-7:30 AM

FLOW
7:45-8:15 AM

MOVE-IT
8:30-9:00 AM

MOVE-IT + LIFT-IT
6:30-7:30 AM

FLOW
7:45-8:15 AM

HIIT-IT
8:30-9:00 AM

MOVE-IT + FLOW
5:00-6:00 AM

HIIT-IT + LIFT-IT
6:30-7:30 AM

AB LAB
7:45-8:15 AM

HIIT-IT
8:30-9:00 AM

MOVE-IT + LIFT-IT
9:15-10:15 AM

LOW IMPACT
6:45-7:45 AM

HIIT-IT + LIFT-IT
8:00-9:00 AM

AB LAB
9:15-9:45 AM

MOVE-IT + FLOW
10:00-11:00 AM

MOVE-IT + FLOW
2:00-3:00 PM

LOW IMPACT
2:00-3:00 PM

LIFT-IT
2:00-2:30 PM

HIIT-IT
3:00-3:30 PM

AB LAB
3:15-3:45 PM

MOVE-IT
3:30-4:00 PM

HIIT-IT
2:45-3:15 PM

MOVE-IT + FLOW
3:00-4:00 PM

FLOW
3:45-4:15 PM

HIIT-IT + LIFT-IT
4:00-5:00PM

HIIT-IT + LIFT-IT
4:15-5:15 PM

MOVE-IT +FLOW
3:30-4:30 PM

LIFT-IT
4:15-4:45 PM

MOVE-IT + LIFT-IT
4:30-5:30 PM

FLOW
5:15-5:45 PM

AB LAB
5:30-6:00 PM

AB LAB
4:45-5:15 PM

HIIT-IT + AB LAB
5:00-6:00 PM

HIIT-IT + AB LAB
5:45-6:45 PM

MOVE-IT + LIFT-IT
6:00-7:00 PM

MOVE-IT + FLOW
6:15-7:15 PM

MOVE-IT + LIFT-IT
5:30-6:30 PM

FLOW
6:15-6:45 PM

LIFT-IT
7:00-7:30 PM

AB LAB
7:15-7:45 PM

HIIT-IT+ AB LAB
6:45-7:45 PM