

Class Schedule

WEEK: July 27th -August 2nd

**Mon.
July 27th**

**6AM | Hatha Flow Yoga
6PM | Station Strength**

**Tue.
July 28th**

**5:30AM | Small Group Strength
9AM | Small Group Strength
5:45PM | Power Sculpt
6:40PM | LIFT**

**Wed.
July 29th**

**6AM | Yoga Sculpt
9AM | Total Body Basics
6PM | Pilates Slim & Sculpt**

**Thu.
July 30th**

**5:45PM | Total Body Basics
6:40PM | LIFT**

**Fri.
July 31st**

**530AM | Power Sculpt + Steps
9AM | Small Group Strength**

**Sat.
Aug. 1st**

7AM | SWEAT