

Class Schedule

WEEK: January 12- January 18

**Mon.
Jan 12**

**6AM | Rise & Flow
5PM | Total Body Basics
6PM | Wind Down Yoga**

**Tue.
Jan 13**

**530AM | Small Group
6PM | Power Sculpt**

**Wed.
Jan 14**

**6AM | Power Sculpt
9AM | Total Body Basics**

**Thu.
Jan 15**

**4PM | Small Group
6PM | Station Strength**

**Fri.
Jan 16**

**530AM | Power Sculpt
9AM | Small Group**

**Sat.
Jan 17**

**7AM | SWEAT
830AM | Hybrid Training**