



Schedule of Small Group Training, Specialty Fitness Classes & Group X Classes

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|---|---|--|--|--|
| 5:00 AM | Cycle <i>Deb</i> | | | | Cycle <i>Deb</i> | |
| 6:00 AM | | Burn Up* <i>Dylan</i> | | Burn Down* <i>Dylan</i> | | |
| 8:00 AM | 8:15 am Step & Sculpt <i>Karen</i> | 8:15 am TBC <i>Nancy</i> | 8:30 am Cycle <i>Luis</i> Reformer Pilates <i>Cameron</i> | 8:15 am HiLo-PiYo <i>Karen</i> 8:30am Reformer Pilates <i>Eliza</i> | 8:15am C+RT <i>Nancy</i> 8:30am Reformer Pilates <i>Cameron</i> | Step & Sculpt <i>Sharon</i> Cycle <i>Karen</i> |
| 9:00 AM | 9:00 am Cycle & Strength <i>Luis</i> Burn Up* <i>Jacob</i> Reformer Pilates <i>Eliza</i> | 9:00 am Kettlebell <i>Dylan</i> | 9:00 am Burn Down* <i>John</i> | 9:00 am Kickboxing <i>John</i> | 9:00 am Lift <i>John</i> | 9:00 am Burn Out* <i>Dylan</i> |
| | 9:45 Reformer Pilates <i>Eliza</i> | 9:30 Yoga <i>Vicky</i> | 9:30 am Reformer Pilates <i>Cameron</i> Mat Pilates <i>Tek</i> | 9:30 am Reformer Pilates <i>Eliza</i> | 9:30 am Reformer Pilates <i>Cameron</i> Yogalates <i>Vicky</i> | 9:30 am Pop Pilates <i>Celina</i> |
| 10:00 AM | | 10:00 am Reformer Pilates <i>Cameron</i> | | 10:15 am Bounce Barre <i>Eliza</i> | 10:15 am Bungee Fitness <i>Dylan</i> | 10:00 am Kickboxing <i>Dylan</i> Reformer Pilates <i>Cameron</i> |
| 11:00 AM | | | | | | WOD |
| 12 Noon | | WOD | | WOD | | |
| 4:00 PM | 4:15 pm Step & Sculpt <i>Sharon</i> | | | | 4:15 pm Xtreme <i>Sharon</i> | |
| 5:00 PM | 5:30 pm Bootcamp <i>Tommy</i> | 5:00 pm Mat Pilates <i>Shellie</i> 5:30 pm Burn Up* <i>Dylan</i> | 5:00 pm Barre <i>Shellie</i> Kettlebell <i>John</i> 5:30 pm Xtreme <i>Sharon</i> | 5:00 pm Bounce Barre <i>Shellie</i> | 5:30 pm Bootcamp <i>John</i> | |
| 6:00 PM | 6:00 pm Kickboxing <i>Dylan</i> 6:30 pm Yoga <i>Evelyne</i> | 6:00 pm Zumba <i>Rebecca</i> Aerial Yoga <i>Cameron</i> 6:30 pm Cycle & Strength <i>George</i> | 6:00 pm Bungee Fitness <i>Dylan</i> 6:30 pm Yoga <i>Karen</i> | 6:00 pm Cycle <i>Mila</i> Burn Down* <i>John</i> | 6:00 pm Lift <i>Dylan</i> | |
| 7:00 PM | | 7:00 pm Reformer Pilates <i>Cameron</i> | | | | |

Bronze Membership includes classes in Green.

Silver Membership includes classes in Green and 2 specialty classes in Red. (Excludes Burn*)

Gold Membership includes all classes in Green, and ALL Small Group Training sessions in Red.

Platinum Membership includes all Green, Red scheduled classes/sessions as well as four of the Purple Reformer Pilates sessions each month.