

Group Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM 7:00AM		Pulseplus Women's Bootcamp		Pulseplus Women's Bootcamp		
6:30 AM 7:30 AM	Super Circuit			Team Fit		
8:30 AM 9:30 AM	Team Fit/Kickboxing					Pulseplus Women's Bootcamp
9:30 AM 10:30 AM				Rolling in the Deep		
10:30 AM 11:30 AM	Yin Yoga		Bone Building Program		Bone Building Program)	Team Fit
11:30 AM 12:30 PM						
4:30 PM 5:30 PM						
5:30 PM 6:30 PM	Team Fit/Kickboxing	Team Fit		Team Fit		
6:30 PM 7:30 PM	Team Fit/Kickboxing	Team Fit	Team Fit/Kickboxing			
7:30 PM 8:30 PM					*Schedule subject to change without notice	
8:30 PM 9:30 PM						

Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM 7:00AM						
6:30 AM 7:30 AM						
8:30 AM 9:30 AM			9:00AM—9:30 AM ABLT (Abs/Butt/Legs/Thighs)		9:00AM—9:30 AM ABLT (Abs/Butt/Legs/Thighs)	
9:30 AM 10:30 AM	Cardio Body Blitz	Core Pilates	Cardio Body Blitz		Cardio Body Blast	Organic Stretch
10:30 AM 11:30 AM				Vital Yoga		
11:30 AM 12:30 PM			3:30PM—4:30 PM Teacher's Choice		3:30PM—4:30 PM Teacher's Choice	
4:30 PM 5:30 PM	Lean Teen Program		Lean Teen Program			
5:30 PM 6:30 PM						
6:30 PM 7:30 PM						
7:30 PM 8:30 PM	Relaxing Hatha Yoga	Body Blast II	Vital Yoga	Total Body Workout	*Schedule subject to change without notice	
8:30 PM 9:30 PM			Men's Yoga			