

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 a.m.							
8 a.m.						◆ Get Strong! 8-8:45 a.m.	
8:45 a.m.						◆ Get Lean! 8:45-9:30 a.m.	
9 a.m.	◆ Get Lean! 9-9:45 a.m.		◆ Get Lean! 9-9:45 a.m.	◆ Foxy & Fierce Kickboxing 9-10 a.m.		■ Techno Cycle 9-10 a.m. ● Healthy Fit Kids 9-10 a.m.	◆ Acceleration Training 9 a.m.-1 p.m.
9:30 a.m.	▲ BARRE 9:30-10:30 a.m.					▲ Ready to Lose 9:30-10:15 a.m.	
11 a.m.						◆ Acceleration Training 11 a.m.-3 p.m.	
3 p.m.	◆ Acceleration Training 3-6 p.m.	◆ Acceleration Training 3-6 p.m.	◆ Acceleration Training 3-6 p.m.	◆ Acceleration Training 3-6 p.m.	◆ Acceleration Training 3-6 p.m.		
4:30 p.m.							
6 p.m.			■ Techno Cycle 6-7 p.m.				
6:15 p.m.		◆ Get Lean! 6:15-7 p.m.		◆ Get Lean! 6:15-7 p.m.			
6:30 p.m.	◆ Ready to Lose 6:30-7:15 p.m.		◆ Ready to Lose 6:30-7:15 p.m.				
	■ Techno Cycle 6:30-7:30 p.m.						
7 p.m.	◆ Get Strong! 7:15-8 p.m.	◆ Foxy & Fierce Kickboxing 7-8 p.m. ▲ BARRE 7-8 p.m.	◆ Get Strong! 7:15-8 p.m.				

LOCATION GUIDE

- ◆ Fitness Training Studio
 - Fieldhouse
 - ▲ Mind/Body Studio
 - Cycling Studio