



































GROUP FITNESS STUDIO








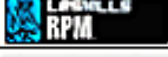


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am							
6:15am				CORE			
8:00am							
8:30am							
9:00am							
9:30am			<i>freestyle</i> AEROBICS		Yoga 		Yoga 
10:00am			CORE			PILATES 	
10:40am	Yoga-Lates 	BEGINNERS PILATES 	Yoga 	PILATES 			
12:30pm				MIND BODY			
4:30pm	PILATES 						
5:30pm		Yoga 					
5:45pm							
6:30pm				PILATES 			
7:00pm			PILATES 				
7:30pm	Yoga 						

Fitness on Demand Classes
 available 24/7
 whenever the studio is Free

BOXING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	BOXING						
8:30am						BOXING	
9:30am	BOXING						
5:30pm		BOXING					
6:00pm	BOXING		BOXING	BOXING			

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am							
8:00am							
6:30am							
9:30am							
5:30pm							
6:00pm							

Fitness on Demand Classes
 available 24/7
 whenever the studio is Free