



**STUDIO ONE**

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00am	Body Pump		Body Pump		Body Pump		
7:30am		Pure Strength Express		Pure Strength Express			
8:00am	Killer Core		Killer Core		Killer Core	Club Studio 1	
8:30am	KettleFit		Cardio Blast		KettleFit		
8:45am		Pure Strength		Pure Strength			
9:00am						Body Pump	
9:45am	Body Pump		Body Pump		Body Pump		
10:50am		Zumba Gold		Zumba Gold	Resilience (30 min) Conditioning		
12:00pm		KettleFit EX		KettleFit EX			
4:30pm	The Red Zone	The Red Zone		The Red Zone			
5:30pm	Club Studio 1 Express	Body Pump	KettleFit	Body Pump			
6:00pm	Turbo Kick						
6:30pm		Pure Strength	Zumba	SHRED (6:45)			
7:00pm	Body Pump						

**SPIN STUDIO**

5:00am		HIIT Spin		HIIT Spin			
5:15am	Pure Spin		Pure Spin				
7:30am						HIIT Spin (90 min)	
8:10am		HIIT 30		HIIT 30			
8:30am	Pure Spin		Pure Spin		Pulse		
9:30am		Spin Sculpt		Pulse			Pure Spin
9:40am			Spin Strength Intervals		Spin Strength Intervals		
10:00am						Spin Strength Intervals	
12:00pm	Cycle Core		Cycle Core				
4:30pm	Spin Inferno 600 (4:45)		Spin Strength Intervals				
5:30pm		Spin Inferno 600					
5:45pm				Spin Strength Intervals			
6:00pm			Pure Spin				
6:30pm	HIIT 30						



**MIND / BODY**

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:15am		Heated Power Flow		Heated Power Flow			
8:30am	Total Body Barre	Functional Yoga	Total Body Barre	Functional Yoga		Pilates Fusion	
9:00am					Power Yoga		
9:40am	All Levels Flow		Functional Yoga			Power Flow	
9:50am		PIYO		PIYO			
10:45am						Slow Flow Restorative Yoga	
10:50am			Gentle Yoga		Gentle Yoga		
11:30am		Slow Flow Restorative		Slow Flow Restorative			
12:00pm	Noon at the Barre		Noon at the Barre		Noon at the Barre		
4:00pm							All Levels Flow
4:30pm	PIYO		PIYO				
5:30pm	All Levels Flow	Pilates Sculpt	Gentle Yoga	Pilates Sculpt			
6:30pm	Total Body Barre	Heated Power Flow	Power Yoga Sculpt	Heated Power Flow			

**CIRCUIT**

5:15am		Boot Camp		Boot Camp			
8:30am		Step & Tone		Step & Tone			
8:30am	Free-style Circuit		Free-style Circuit		Free-style Circuit		
9:45am	YES Circuit	YES Circuit	YES Circuit		YES Circuit		
10:00am							Row Power (PC)
5:00pm					Row Power (PC)		

**WATER**

7:00am	Deep H2O Running		Deep H2O Running		Deep H2O Running		
8:30am	Aqua Sports Drills		Aqua Boot Camp		Aqua Tone		
9:00am						Sat. Splash	
6:30pm	Aqua Fitness			Aqua Fitness			