



## SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM		HIIT SPIN		HIIT SPIN			
7:30 AM						HIIT SPIN (90 MIN)	
8:10 AM		HIIT 30		HIIT 30			
8:30 AM	PURE SPIN		PURE SPIN		PULSE		
9:30 AM		SPIN SCULPT		PULSE			PURE SPIN
9:40 AM			SPIN STRENGTH INTERVALS		SPIN STRENGTH INTERVALS		
10:00 AM						SPIN STRENGTH INTERVALS	
12:00 PM	HIIT 30		HIIT 30				
4:30 PM		KIDS SPIN	SPIN STRENGTH INTERVALS				
4:45 PM	SPIN INFERNO 600			HIIT 30			
5:30 PM		SPIN 600 INFERNO	BIKER BARRE				
5:45 PM				SPIN STRENGTH INTERVALS			
6:15 PM	HIIT 30						
6:30 PM		PEDAL PARTY					

## CIRCUIT STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	TRX (YAC)	MORNING MIX (GYM)	TRX (YAC)	MORNING MIX (GYM)	TRX (YAC)		
8:30 AM	FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		
9:45 AM	YES CIRCUIT		YES CIRCUIT		YES CIRCUIT		
10:00 AM							ROW POWER (PERFORMANCE CENTER)
5:00 PM					ROW POWER (PERFORMANCE CENTER)		

## WATER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	DEEP H2O RUNNING		DEEP H2O RUNNING		DEEP H2O RUNNING		
8:30 AM	AQUA SPORTS DRILLS		AQUA BOOT CAMP		AQUA TONE		
9:00 AM						SATURDAY SPLASH	
6:30 PM	AQUA FIT			AQUA FIT			