

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|--|--|---|
| TABATA 5:30-6:25 am A/B Room | FITNESS YOGA 5:30-6:25 am Dance Studio | TABATA 5:30-6:25 am A/B Room | FITNESS YOGA 5:30-6:25 am Dance Studio | TABATA 5:30-6:25 am A/B Room | BODYPUMP™ 7:30-8:30 am A/B Room | POP PILATES 11:15-12:10 pm Dance Studio |
| RPM™ 6:00-6:45 am RPM Room | BOOT CAMP 5:30-6:25 am Gym | RPM™ 5:45-6:30 am RPM Room | BOOT CAMP 5:30-6:25 am Gym | INDOOR CYCLING 5:45-6:30 am RPM Room | INDOOR CYCLING 8:30-9:30 am RPM Room | BODYPUMP™ 11:15-12:15 pm A/B Room |
| Yogalates 8:10-8:55 am Dance Studio | RPM™ – On Demand 5:45-6:30 am RPM Room | FLOOR, CORE 8:15-9:00 am Dance Studio | RPM™ 6:00-6:45 am RPM Room | PILATES 8:15-9:00 am Dance Studio | BODY FLOW™ 8:40-9:40 pm A/B Room | RPM™ 11:30-12:15 RPM Room |
| FLOOR, CORE 8:15-9:00 am A/B Room | BODYPUMP™ 5:45-6:45 am A/B Room | GLUTES, GUNS & GUTS 8:15-9:00 am A/B Room | BODYPUMP™ 5:45-6:45 am A/B Room | GLUTES, GUNS & GUTS 8:15-9:00 am A/B Room | BOOT CAMP 9:00-9:55 am Gym B | STRONG BY ZUMBA 12:25-1:20 pm A/B Room |
| INDOOR CYCLING 9:00-9:45 am RPM Room | PURE STRENGTH 8:30-9:30 am A/B Room | RPM™ 8:30-9:15 am RPM Room | BODYPUMP™ 8:30-9:30 am A/B Room | RPM™ 9:00-9:45 am RPM Room | FITNESS YOGA 9:30-10:25 am Dance Studio | YOGA – ALL LEVELS 12:30-1:25 pm Dance Studio |
| ZUMBA 9:00-9:55 am Dance Studio | BUTTS N GUTS 8:40-9:25 am Dance Studio | HIIT/CORE 9:05-9:55 am A/B Room | BUTTS N GUTS 8:40-9:25 am Dance Studio | TABATA 9:15-10:10 am A/B Room | ZUMBA 9:45-10:40 am A/B Room | SPRINT™ – On Demand 1:15-1:45 PM |
| TABATA 9:05-10:00 am A/B Room | INDOOR CYCLING 9:30-10:15 am RPM Room | ZUMBA GOLD 9:20-10:15 am Dance Studio | FITNESS YOGA 9:30-10:25 am Dance Studio | POUND 9:30-10:15 am IGR | CARDIO KICKBOXING 10:30-11:25 am Dance Studio | |
| BUTTS N GUTS 10:00-10:45 am Dance Studio | PILATES 9:30-10:15 am Dance Studio | ZUMBA TONING 10:00-10:55 am A/B Room | STRONG 9:30-10:25 am A/B Room | AOA BEG BALL 9:30-10:15 am Dance Studio | SPRINT™ – On Demand 11:00-11:30 AM | |
| ZUMBA GOLD 10:05-10:55 am AB Room | H.I.I.T. 9:30-10:25 am A/B Room | FITNESS YOGA 10:30-11:25 am Dance Studio | INDOOR CYCLING 9:30-10:30 am RPM Room | ZUMBA 10:15-11:10 am A/B Room | RPM – On Demand 4:00-4:45 PM RPM Room | |
| GENTLE YOGA 11:15-12:10 pm Dance Studio | TAI CHI 10:30-11:15 am Dance Studio | TAI CHI 11:30-12:15 am Dance Studio | STROLLER FIT 10:30-11:00 am GYM B | FITNESS YOGA 10:30-11:25 am Dance Studio | | |
| SILVERS CLASSIC 11:30-12:15 pm A/B Room | MEDITATION/DESTRESS 11:15-11:45 am Dance Studio | SILVERS CLASSIC 11:30-12:15 pm A/B Room | BALLET BARRE 10:30-11:20 am Dance Studio | GENTLE YOGA 11:30-12:25 pm Dance Studio | | |
| SILVERS YOGA 12:15-1:00 pm A/B Room | ZUMBA GOLD TONING 10:30-11:15 am A/B Room | SILVERS YOGA 12:15-1:00 pm A/B Room | ZUMBA GOLD 10:30-11:25 am A/B Room | SILVERS CLASSIC 11:30-12:15 pm A/B Room | | |
| SILVERS CARDIO 3:30-4:15 pm A/B Room | GENTLE YOGA 11:30-12:25 pm A/B Room | SILVERS CARDIO 3:30-4:15 pm A/B Room | GENTLE YOGA 11:30-12:25 pm A/B Room | SILVERS YOGA 12:15-1:00 pm A/B Room | | |
| RPM – On Demand 4:15-5:00 pm RPM Room | RPM – On Demand 12:15-1:00 pm RPM Room | SPRINT – On Demand 4:15-4:45 pm RPM Room | BOOM MOVE 12:00-12:30 pm Dance Studio | SPRINT – On Demand 4:15-4:45 pm RPM Room | | |
| TABATA 5:25-6:10 pm A/B Room | GRIT™ CARDIO/STRENGTH 4:30-5:00 pm A/B Room | BALLET BARRE BURN 5:30-6:15 pm Dance Studio | RPM – On Demand 12:15-1:00 pm RPM Room | STRONG30 BY ZUMBA 6:00-6:30 pm Dance Studio | | |
| GENTLE YOGA 5:30-6:25 pm Dance Studio | HIIT/CORE 5:10-5:55 pm A/B Room | CARDIO KICKBOXING 5:45-6:25 pm A/B Room | GRIT CARDIO™ 6:00-6:30 pm Dance Studio | ZUMBA 5:50-6:45 pm A/B Room | | |
| ZUMBA 6:15-7:10 pm A/B Room | ZUMBA BURST 6:00-6:45 pm Dance Studio | PILATES 6:15-7:00 pm Dance Studio | BODYPUMP™ 6:00-7:00 pm A/B Room | | | |
| RPM™ 6:30-7:15 pm RPM Room | BODYPUMP™ 6:00-7:00 pm A/B Room | ZUMBA 6:30-7:25 pm A/B Room | INDOOR CYCLING 6:30-7:30 pm RPM Room | | | |
| PILATES 6:30-7:15 pm Dance Studio | INDOOR CYCLING 6:30-7:15 pm RPM | FITNESS YOGA 7:15-8:10 pm Dance Studio | BODYFLOW 6:30-7:25 pm Dance Studio | | | |
| BODY COMBAT™ 7:15-8:15 pm A/B Room | BODY FLOW™ 7:00-8:00 pm A/B Room | GRIT™ STRENGTH 7:30-8:00 pm A/B Room | POUND 6:30-7:15 pm IGR | | | |
| FITNESS YOGA 7:30-8:25 pm Dance Studio | KETTLEBELL BOOT CAMP 7:25-8:15 pm Gym A | RPM – On Demand 7:45-8:30 PM RPM Room | ZUMBA 7:05-8:00 pm A/B Room | | | |
| | RPM – On Demand 7:30-8:15 pm RPM Room | | RPM – On Demand 7:30-8:15 pm RPM Room | | | |
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