

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

