

May 15 - June 9

monday

12:00 PM - 12:45 PM
BOSU
GXS2

4:15 PM - 5:00 PM
Express Step
GXS2

5:45 PM - 6:45 PM
Power Yoga
MBS1

5:15 PM - 6:15 PM
Cycle Fitness
CS

tuesday

12:15 PM - 1:15 PM
Cardi Yoga
MBS1

12:00 PM - 12:45 PM
Express Sculpt
GXS2

5:15 PM - 6:15 PM
Step & Sculpt
GX2

5:30 PM - 6:30 PM
Yoga Fitness
MBS1

wednesday

12:00 PM - 1:00 PM
Yoga Fitness
MBS1

12:30 PM - 1:15 PM
Express Cycle
CS

4:15 PM - 5:15 PM
20/20/20
GXS1

5:15 PM - 6:15 PM
Barre
MBS2

6:00 PM - 6:45 PM
TRX
MPS

thursday

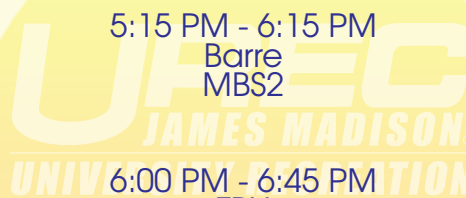
12:30 PM - 1:30 PM
20/20/20
GXS1

4:30 PM - 5:30 PM
Body Sculpt
GXS2

5:00 PM - 6:00 PM
Dance & Sculpt
GXS1

friday

12:00 PM - 12:45 PM
HIIT
GXS1



June 12 - July 6

monday

12:00 PM - 1:00 PM
20/20/20
GXS1

5:45 PM - 6:45 PM
Yoga Fitness
MBS1

tuesday

12:00 PM - 1:00 PM
Pilates
MBS2

5:15 PM - 6:15 PM
Vinyasa Flow
MBS2

wednesday

12:00 PM - 1:00 PM
Cylce Circuit
CS & GXS1

5:30 PM - 6:30 PM
Power Yoga
MBS1

thursday

12:00 PM - 12:45 PM
Express Step
GXS2

5:00 PM - 5:45PM
TRX
MPS

July 10 - August 10

monday

12:00 PM - 12:45 PM
HIIT
GXS1

5:00 PM - 6:00 PM
Power Yoga
MBS1

tuesday

12:00 PM - 12:45 PM
Express Cycle
CS

5:00 PM - 6:00 PM
Body Sculpt
GXS1

wednesday

12:00 PM - 12:45 PM
Express Step
GXS2

5:00 PM - 6:00 PM
Yoga Fitness
MBS1

thursday

12:00 PM - 12:45 PM
BOSU Strength
GXS1

5:00 PM - 6:00PM
Boxing Fitness
GXS1