

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am		Spin (45min) Kasie		Spin (45 min) SJ		Spin (45 min) SJ	
6:00am			Circuit Training (45min) Carolina		Circuit Training (45min) Carolina		
7:00am		Boot Camp (45min) Missy	Spin (45min) Carolina	Boot Camp (45min) SJ	Spin (45min) Carolina	Boot Camp (45min) SJ	
8:00am		Yin (55min) Bonnie	Yoga (55min) Kristen	Yin (55min) Bonnie	Yoga (55min) Kristen	Yin (55min) Bonnie	Core & Conditioning (45 min)
			Power Yoga (55 min) Bella		Power Yoga (55 min) Bella		
9:00am	Yin (60 min) Bonnie/Bella	Body Sculpt (30min) Carolina	Pilates Mat (55min) Ani	Body Sculpt (30 min) Susan	Pilates Mat (55min) Ani	Body Sculpt (30min) Carolina	Pedal & Pump (45min) Kasie
9:30am		Zumba (55 min) Bonnie		Zumba (55 min) Bonnie		Zumba (55 min) Bonnie	
10:00am				Barre (55 min) Ani		Barre (55 min) Ani	
10:45am		Power Yoga (60 min) Susan		Power Yoga (60 min) Susan		Power Yoga (60 min) Susan	Power Sculpt (45 min) Kasie
11:00am							
12:00pm		Cardio Sculpt (45min) Missy		Spin-Boot-Camp (45 min) Carolina			
5:00pm		Boot Camp (45min) Missy		Boot Camp (45min) Missy			
5:45pm			Spin (45min) Al		Pilates TRX (55 mins) Jill		
6:00pm		Yoga (60min) Bella					