

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Follow us on Instagram! Like us on Facebook!						
				5:30 AM Boot Camp - Sam 9:30 AM Pilates - Peach 10:30 AM Muscle Pump - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boot Camp - Sam 10:00 AM Zumba -Chris 11:15 AM Yogaflow - Peach
				1	2	3
8:30 AM Cycle - Mode'	5:30 AM HIIT Cycle -Sam 8:30 AM Barre TBC - Peach 9:30 AM Step & Sculpt - Russ 6:15 PM Cycle - Mode' 7:00 PM Yoga - Heather	5:45 AM Cycle - Tom 8:30 AM Pilates -Peach 9:30 AM Muscle Pump - Lori 5:45 PM Zumba- Chanel 7:00 PM Pilates -Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 5:30 PM Cycle - Tom	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Peach 10:30 AM Muscle Pump - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach
4	5	6	7	8	9	10
8:30 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step & Sculpt - Russ 6:15 PM Cycle - Mode' 7:00 PM Yoqa - Melissa	5:45 AM Cycle - Tom 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 5:30 PM Cycle - Tom	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - Heather 8:30 AM HIIT Tabata - Brittany 9:30 AM Yoqaflow - Peach	9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chris 11:15 AM Yoqaflow - Peach
11	12	13	14	15	16	17
8:30 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM TBC - Peach 9:30 AM Step & Sculpt - Russ 6:15 PM Cycle -Mode' 7:00 PM Yoga - Melissa	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach	8:30 HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 5:30 PM Cycle - Tom	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boot Camp - Sam 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach
18	19	20	21	22	23	24
8:30 AM Cycle - MoDe'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step & Sculpt - Russ 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach	8:30 HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 5:30 PM Cycle - Tom	5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach
25	26	27	28	29	30	31