



Monday

7am	Spin	30	Studio
9:15am	Aqua Aerobics	45	Pool
11am	AF Spin	30	Balcony
1:15pm	Body Pump	30	Studio
5:15pm	Box Fit	30	Studio
6pm	Spin	30	Studio
6:45pm	Ab Attack	30	Balcony

Tuesday

7am	Tone	30	Studio
8am	Spin	30	Studio
11:15am	Shapes	45	Studio
1:15pm	Spin	30	Studio
5:15pm	Circuits	45	Studio
6:15pm	Body Pump	30	Studio
7pm	Spin	30	Studio

Wednesday

7am	Spin	30	Studio
9:30am	Meet & Train	45	Track
11:15am	Ab Attack	30	Balcony
1:15pm	Box Fit	30	Studio
5:30pm	Body Pump	45	Studio
6:30pm	Shapes	30	Studio
7:15pm	Spin	30	Studio

Thursday

7am	Body Pump	30	Studio
8am	Aqua Aerobics	45	Pool
10am	Circuits	45	Studio
11am	Tone	30	Studio
1:15pm	Spin	30	Studio
5:15pm	Kettlebells	30	Studio
6pm	Spin	45	Studio
7pm	Ab Attack	30	Balcony

Friday

7am	Spin	30	Studio
9:30am	Meet & Train	45	Track
11am	AF Core & Str	30	Balcony
1:15pm	Body Pump	30	Studio
5:15pm	Kettlebells	30	Studio
6pm	Spin	30	Studio
6:45pm	Ab Attack	30	Balcony

Saturday

9:30am	Spin	30	Studio
10:15am	Kettlebells	30	Studio

Sunday

10:30am	Spin	45	Studio
11:30am	Ab Attack	30	Studio