

Class Schedule January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 TRX – 9am Barre – 12-1pm HIIT – 5:30pm	2 Tabata – 6am HIIT – 12:15 Cardio Sculpt – 5:30pm	3 Cardio Yogatone – 12:15 Strength & Flow -5:30pm	4 TRX Mix – 6am Tabata – 10:15am	5 Bootcamp – 8am	6 HIIT/Yoga – 8am
7 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm	8 TRX – 9am Barre – 12:15pm HIIT – 5:30pm	9 Tabata – 6am HIIT – 12:15 Cardio Sculpt – 5:30pm	10 Cardio Yogatone – 12:15 Strength & Flow- 5:30pm	11 TRX Mix – 6am Tabata – 10:15am	12 Bootcamp – 8am	13 Cardio Sculpt – 8am
14 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm	15 TRX – 9am Barre – 12:15pm HIIT – 5:30pm	16 Tabata – 6am HIIT – 12:15 Cardio Sculpt – 5:30pm	17 Cardio Yogatone – 12:15 Strength & Flow- 5:30pm The Pulse – 6:45pm	18 TRX Mix – 6am Tabata – 10:15am	19 Bootcamp – 8am	20 HIIT/Yoga – 8am
21 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm	22 TRX – 9am Barre – 12:15pm HIIT – 5:30pm	23 Tabata – 6am HIIT – 12:15 Cardio Sculpt – 5:30pm	24 Cardio Yogatone – 12:15 Strength & Flow -5:30pm	25 TRX Mix – 6am Tabata – 10:15am	26 Bootcamp – 8am	27 Cardio Sculpt – 8am
28 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm	29 TRX – 9am Barre – 12:15pm HIIT – 5:30pm	30 Tabata – 6am HIIT – 12:15 Cardio Sculpt – 5:30pm	31 Cardio Yogatone – 12:15 Strength & Flow -5:30pm			

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY