

GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE HOUR UNLESS NOTED OTHERWISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00 AM TRX* 10 Session Punch Card: \$100 Single Day Rate: \$15</p> <p>6:30 AM STRENGTH & TONE (Matt)</p> <p>12:00 PM XBIKE (Emilee)</p> <p>12:00 PM PILATES (Kat)</p> <p>4:00 PM SHREADMILL (Matt)</p> <p>5:30 PM POWERSCULPT (Charity)</p> <p>6:00 PM XBIKE (Eric)</p> <p>7:00 PM YOGA (Amber)</p>	<p>6:00 AM XBIKE (Charity)</p> <p>10:30 AM YOGA (Jordan)</p> <p>12:00 PM FULL BODY TONE (Emilee)</p> <p>5:00 PM HARDCORE (30 Min) (Rob)</p> <p>5:30 PM OUTDOOR BOOTCAMP (Rob)</p> <p>5:30PM - 6:30 PM XBIKE (Eric)</p> <p>6:30 PM POWERSCULPT (Matt)</p> <p>7:30 PM YOGA (Jordan)</p> <p>6:00 PM TRX* 10 Session Punch Card: \$100 Single Day Rate: \$15</p>	<p>6:00 AM TRX* 10 Session Punch Card: \$100 Single Day Rate: \$15</p> <p>12:00 PM XBIKE (Emilee)</p> <p>12:00 PM PILATES (Kat)</p> <p>5:30 PM - 6:30 PM YOGA (Daniel)</p> <p>6:30 PM - 7:30 PM POWERSCULPT (Whitney)</p>	<p>6:00 AM XBIKE (Madison)</p> <p>10:30 AM YOGA (John)</p> <p>12:00 PM FULL BODY TONE (Emilee)</p> <p>5:00 PM HARDCORE (30 Min) (Jordan)</p> <p>6:00 PM TRX* 10 Session Punch Card: \$100 Single Day Rate: \$15</p>	<p>12:00 PM HARDCORE (Emilee)</p> <p>12:30 PM XBIKE (Emilee)</p>	<p>9:00 AM TRX* 10 Session Punch Card: \$100 Single Day Rate: \$15</p> <p>9:30 AM XBIKE (Charity)</p> <p>10:00 AM SHREADMILL (Matt)</p> <p>10:30 AM YOGA (Jordan)</p>	<p>10:30 PM PILATES (Madison)</p> <p>11:30 AM YOGA (Jordan)</p> <p>5:30 PM YOGA (John)</p>
<p>YOGA STYLE</p> <p>Monday Night = Anusara Tuesday Day/Night = Vinyasa and Astanga Wednesday Night = Vinyasa and Hatha Thursday Day = Vinyasa Saturday = Vinyasa and Astanga Sunday Day = Vinyasa and Astanga Sunday Night = Vinyasa</p>						