

MON	TUE	WED	THUR	FRI	SAT
Morning Muscle 5:00-6:00am Amy		Morning Muscle 5:00-6:00am Amy		Body Blast 10:30am 9:30- Orlando	Spin & Stretch 8:00-9:00am Amy
Spin Shred 9:00-10:00am Tina	Viniyasa Yoga 9:00-10:00am Jennifer	Body Blast 9:30-10:30am Orlando	Viniyasa Yoga 9:00-10:00am Jennifer		
Glutes & Abs 12:15-12:45 Kim	La Blast 10:05-11:05am Kim	Gentle Yoga 10:35 - 11:35am Jennifer	La Blast Silk 10:05-11:05am Kim		
Fierce 5:30-6:30pm Amy	Tabata 12:15-12:45 pm Amy	Glutes & Abs 12:15-12:45pm Kim			