

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM
Coach Dania	Coach Matt	Coach Dania	Coach Laura	Coach Dania	Coach	Coach
CARDIO	STRENGTH	CARDIO	YOGA	CARDIO	PRIVATE 1:1	PRIVATE 1:1
Cardio Core Fusion	Total Body Strength	Zumba	Power Yoga	Functional Cardio	Slot available for 1:1 training	Slot available for 1:1 training
7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM
Coach Dania	Coach Matt	Coach Dania	Coach Matt	Coach Dania	Coach	Coach
STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH	PRIVATE 1:1	PRIVATE 1:1
Strength & Stretch	Body Sculpt	Pilates Power	Total Body Strength	Barre Sculpt	Slot available for 1:1 training	Slot available for 1:1 training

8:00 - 8:50 AM	8:00 - 8:50 AM
Coach Michele	Coach Grace
CARDIO	CARDIO
Core, Cardio, Cleanse STAGE 1	Functional Cardio
9:00 - 9:50 AM	9:00 - 9:50 AM
Coach Michele	Coach Grace
CARDIO	STRENGTH
Core, Cardio, Cleanse	Total Body Strength
10:00 - 10:50 AM	10:00 - 10:50 AM
Coach Laura	Coach Grace
YOGA	STRENGTH
Power Yoga	Pilates Power

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
7:10 - 8:00 PM	7:10 - 8:00 PM	7:10 - 8:00 PM	7:10 - 8:00 PM
Coach	Coach Laura	Coach	Coach Laura
PRIVATE 1:1	YOGA	PRIVATE 1:1	YOGA
Slot available for 1:1 training	Relax Yoga	Slot available for 1:1 training	Relax Yoga