

Table 1

| Monday                           | Tuesday                               | Wednesday                                | Thursday                             | Friday                         | Saturday                                     |
|----------------------------------|---------------------------------------|------------------------------------------|--------------------------------------|--------------------------------|----------------------------------------------|
|                                  | 5:30-6:15 AM<br>Indoor Cycling        |                                          | 5:30-6:15 AM<br>Indoor Cycling       |                                |                                              |
|                                  |                                       |                                          |                                      |                                |                                              |
| 8:30-9:15 AM<br>Tread & Shred    | 8:45-9:45 AM<br>MELT<br>Performance   | 8:45-9:45 AM<br>Cycle-n-Barre<br>Circuit |                                      | 8:30-9:15 AM<br>Indoor Cycling | 9:15-10:00<br>AM<br>Sat. Cycling<br>Warriors |
| 9:15-9:30 AM<br>Core/Stretch     |                                       |                                          |                                      | 9:15-9:30 AM<br>Core/Stretch   |                                              |
| 9:30-10:15 AM<br>Circuit Breaker | 9:45-10:30 AM<br>Cardio<br>Kickboxing | 9:45-10:30 AM<br>MELT                    | 9:45-10:30 AM<br>Indoor Cycling      | 9:30-10:15 AM<br>Fine Tuning   |                                              |
| 10:15-10:30 AM<br>Core/Stretch   |                                       |                                          |                                      | 10:15-10:30 AM<br>Core/Stretch |                                              |
| 5:15-5:30 PM<br>Core/Stretch     | 5:15-5:30 PM<br>Stretch               | 5:15-5:30 PM<br>Stretch                  | 5:15-5:30 PM<br>Stretch              |                                |                                              |
| 5:30-6:15 PM<br>Tabata           | 5:30-6:15 PM<br>Indoor Cycling        | 5:30-6:15 PM<br>Cardio<br>Kickboxing     | 5:30-6:15 PM<br>HIIT                 |                                |                                              |
| 6:15-6:30 PM<br>Core & Stretch   | 6:15-6:30 PM<br>Foam Rolling<br>101   | 6:15-6:30 PM<br>Core & Stretch           | 6:15-6:30 PM<br>Foam Rolling<br>101  |                                |                                              |
| 6:30-7:15 PM<br>H.I.I.T Circuit  | 6:30-7:15 PM<br>Ultimate X-<br>Train  | 6:30-7:15 PM<br>Cardio, Power,<br>Core   | 6:30-7:15 PM<br>Mobility<br>Training |                                |                                              |