

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15 AM Strength & Conditioning 🏋️💪 (3)	5:30-6:15 AM Cyclo-Therapy 🚴❤️ (1) Strength & Conditioning 🏋️💪 (3)	5:30-6:15 AM Tread-n-Shred 🚶❤️ (1) Strength & Conditioning 🏋️💪 (3)	5:30-6:15 AM Cyclo-Therapy 🚴❤️ (1) Strength & Conditioning 🏋️💪 (3)	5:30-6:15 AM Tread-n-Shred 🚶❤️ (2)		
6:30-7:15 AM Strength & Conditioning 🏋️💪 (3)	6:30-7:15 AM Strength & Conditioning 🏋️💪 (3)	6:30-7:15 AM Strength & Conditioning 🏋️💪 (3)	6:30-7:15 AM Strength & Conditioning 🏋️💪 (3)	6:30-7:15 AM Tread-n-Shred 🚶❤️ (2)	7:00-7:45 AM Strength & Conditioning 🏋️💪 (3)	
7:30-8:15 AM Strength & Conditioning 🏋️💪 (3)	7:30-8:15 AM Strength & Conditioning 🏋️💪 (3)	7:30-8:15 AM Strength & Conditioning 🏋️💪 (3)	7:30-8:15 AM Strength & Conditioning 🏋️💪 (3)	7:30-8:15 AM Tread-n-Shred 🚶❤️ (2)		7:45-8:30 AM Cyclo-Therapy 🚴❤️ (1)
			8:00-8:45 AM Top 40 Dance Jams ❤️🕺💪 (1)		8:00-8:45 AM Strength & Conditioning 🏋️💪 (3)	8:30-9:15 AM Total Body Sculpt 🏋️❤️💪 (1)
8:30-9:15 AM Tread-Mill-Works ❤️🚶💪 (2)	9:15-10:15 AM MELT Performance 🧘 (1)	9:15-10:15 AM Cycle-n-Barre Circuit 🚴❤️💪🧘 (1)	8:45-9:45 AM Strength Barre 🏋️💪🧘 (1)		8:15-9:00 AM Booty Bootcamp 🏋️❤️💪 (1)	
9:30-10:15 AM Circuit Breaker ❤️🏋️💪 (1)	9:30 AM Strength & Conditioning 🏋️ (3) 10:15-11:00 AM Cardio Kickboxing ❤️💪 (1)	10:15-11:15 AM MELT 🧘 (1)	9:30 AM Strength & Conditioning 🏋️ (3) 9:45-10:30 AM Indoor Cycling 🚴❤️ (1)	9:45-10:30 AM Fine Toning 🏋️💪 (1)	9:15-10:00 AM Cycling Warriors 🚴❤️ (1)	
		12:00-12:45 PM Indoor Cycling 🚴❤️ (1)				
6:00-6:45 PM H.I.I.T Circuit ❤️🏋️💪 (1)	5:30-6:30 PM Cycling & Stretch 🚴❤️ (1)	5:30-6:15 PM Cardio Kickboxing ❤️💪 (1)	5:30-6:30 PM H.I.I.T ❤️🏋️💪 (1)			
	6:30-7:15 PM Ultimate X-Train 🏋️🚶💪 (1)	6:30-7:15 PM Cardio, Power, Core ❤️💪 (1)	6:30-7:15 PM Mobility Training 🧘 (1)			
	7:15-8:00 PM Indoor Cycling 🚴❤️ (1)		7:15-8:00 PM Indoor Cycling 🚴❤️ (1)			