

GROUP EX STUDIO 1 CLASS SCHEDULE

<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
	5:30-6:30AM <i>BODY PUMP</i>	5:30-6:30AM <i>BOOTCAMP</i>	5:30-6:30AM <i>BODY PUMP</i>	5:30-6:15AM <i>HIIT</i>	6:00-7:00AM <i>BODY PUMP</i>	
	7:15-8:15AM <i>BOOTCAMP</i>					
8:30-9:30AM <i>BOOTCAMP</i>	8:45-9:45AM <i>BODY PUMP</i>	8:30-9:15AM <i>HIIT</i>	8:30-9:30AM <i>BODY PUMP</i>	8:30-9:15AM <i>CIRCUIT</i>	8:30-9:30AM <i>BODY PUMP</i>	8:30-9:30AM <i>BODY PUMP</i>
10:00-11:00AM <i>ZUMBA</i>	10:00-11:00AM <i>DANCE FITNESS</i>	10:00-11:00AM <i>BODY PUMP</i>	10:00-11:00AM <i>DANCE FITNESS</i>	<i>TBD</i> <i>STRENGTH</i>	10:00-11:00AM <i>ZUMBA</i>	10:00-11:00AM <i>ZUMBA</i>

(CONTINUED) GROUP EX STUDIO 1 CLASS SCHEDULE

S	M	T	W	T	F	S
	11:30-12:15PM <i>STRONG NATION</i>			11:30-12:15PM <i>STRONG NATION</i>		
		5:00-6:00PM <i>BODY COMBAT</i>				
	5:45-6:45PM <i>BODY PUMP</i>	6:00-7:00PM <i>BODY ATTACK</i>	5:45-6:45PM <i>BODY PUMP</i>	6:00-6:45PM <i>CORE</i>	6:00-7:00PM <i>ZUMBA</i>	
	7:00-8:00PM <i>POP FITNESS</i>	7:00-8:00PM <i>ZUMBA</i>	7:00-8:00PM <i>BODY COMBAT</i>	7:00-8:00PM <i>ZUMBA</i>		



GROUP EX STUDIO 2 CLASS SCHEDULE

<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
	6:30-7:15AM <i>BODY COMBAT</i>	6:00-6:45AM <i>BODY ATTACK</i>	6:00-6:45AM <i>SURGE</i>		6:00-7:00AM <i>HIGH FITNESS</i>	
	7:30-8:15AM <i>BODY THRIVE</i>	7:00-7:45AM <i>CORE</i>		7:00-8:00AM <i>TAI CHI</i>	7:15-8:15AM <i>BODY ATTACK</i>	
9:00-9:45AM <i>INTRO TO CHOPRA MEDITATION</i>	8:30-9:15AM <i>CORE</i>	8:15-9:15AM <i>BODY COMBAT</i>	8:45-9:30AM <i>LENGTHEN & STRENGTHEN</i>	8:15-9:15AM <i>ZUMBA</i>	8:30-9:15AM <i>CORE</i>	8:30-9:30AM <i>TAI CHI</i>
10:00-11:00AM <i>BODY COMBAT</i>	10:15-11:15AM <i>ZUMBA GOLD</i>	9:30-10:15AM <i>BELLY & BUM</i>	9:45-10:15AM <i>CORE</i>	9:45-10:45AM <i>KICKBOXING</i>	9:45-10:45AM <i>INTRO TO PILATES MAT</i>	9:45-10:45AM <i>KICKBOXING</i>
		11:00-12:00PM <i>QI GONG</i>	11:00-12:00PM <i>INTRO TO CHOPRA YOGA</i>	11:00-12:00PM <i>BELLY & BUM</i>	11:00-12:00PM <i>BODY THRIVE</i>	11:00-12:00PM <i>BELLY & BUM</i>
	5:45-6:45PM <i>ZUMBA TONING</i>	6:15-6:45PM <i>CORE</i>	5:30-6:30PM <i>BARRE FITNESS</i>	5:45-6:30PM <i>INTRO a MEDITACION y YOGA -BILINGUAL</i>	6:15-7:00PM <i>INTRO TO CALMING YOGA/RESTORE</i>	
	7:00-8:00PM <i>LENGTHEN & STRENGTHEN</i>			6:45-7:45PM <i>BODY ATTACK</i>	7:15-8:15PM <i>INTRO TO MYOFASCIAL RELEASE</i>	