

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:45 Fitcamp(O) 7:00 WRW* 8:00 HIIT(30 m) (OV) 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)	3 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Equipment Circuit (O) 6:30 Nutrition Program	4 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*	5 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 4:30 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)	6 5:45 Fitcamp(O) 9:30 Total Conditioning (V)	7 7:30 Spin (OV) 8:30 Barre
8	9 8:00 HIIT(30 m) (OV)	10 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Equipment Circuit (O) 6:30 Nutrition Program	11 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*	12 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 4:30 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)	13 5:45 Fitcamp(O) 9:30 Total Conditioning (OV)	14 7:30 Spin (OV) 8:30 Barre
15	16 5:45 Fitcamp(O) 7:00 WRW* 8:00 HIIT(30 m) (OV) 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)	17 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Equipment Circuit (O) 6:30 Nutrition Program	18 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*	19 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 4:30 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)	20 5:45 Fitcamp(O) 9:30 Total Conditioning (OV)	21 7:30 Spin (OV) 8:30 Barre
22	23 5:45 Fitcamp(O) 7:00 WRW* 8:00 HIIT(30 m) (OV) 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)	24 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Equipment Circuit (O) 6:30 Nutrition Program	25 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 3:00 Pilates Apparatus* 4:00 Pilates Apparatus* 5:30 Spin (O) 6:00 Pilates Apparatus*	26 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 4:30 WRW* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)	27 5:45 Fitcamp(O) 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*	28 7:30 Spin (OV) 8:30 Barre
29	30 5:45 Fitcamp(O) 7:00 WRW* 8:00 HIIT(30 m) (OV) 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)	31 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Equipment Circuit (O) 6:30 Nutrition Program		O: Outdoors (Garage Area) V: Virtual Option Available	ORANGE: Small Group Training, *Additional Fee "WRW": Weight Room Workout (Strength Series) BLUE: Special Event	<i>Please register for classes and small group training ahead of time via our website or using the free Mindbody App</i>