

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>ORANGE: Small Group Training *Additional Fee</p> <p>WRW: Weight Room Workout (Strength Series)</p> <p>BLUE: Special Event</p>	<p><i>Please register for classes and small group training ahead of time via the frontdesk, our website or using the free Mindbody App</i></p> <p>O: Outdoors (Garage Studio/ paved lot)</p> <p>V: Virtual Option Available</p>				1	<p>7:30 Spin (OV) 8:30 Barre</p>
2	<p>3</p> <p>5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>4:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>4</p> <p>7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch 5:30 Progressive Overload</p>	<p>5</p> <p>5:45 Fitcamp (O) 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>6</p> <p>5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 6:00 Barre Fusion (V)</p>	<p>7</p> <p>5:45 Fitcamp (O) 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>8</p> <p>7:30 Spin (OV) 8:30 Barre</p>	
9	<p>10</p> <p>5:45 Fitcamp (O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>4:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>11</p> <p>7:00 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch 5:30 Progressive Overload</p>	<p>12</p> <p>5:45 Fitcamp (O) 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>13</p> <p>5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 6:00 Barre Fusion (V)</p>	<p>14</p> <p>5:45 Fitcamp (O) 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>15</p> <p>7:30 Spin (OV) 8:30 Barre</p>	
16	<p>17</p> <p>5:45 Fitcamp (O) 7:00 WRW* 9:30 HIIT(30 m) (OV)</p> <p>4:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>18</p> <p>7:00 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V)</p> <p>5:30 TRX & Stretch 5:30 Progressive Overload</p>	<p>19</p> <p>5:45 Fitcamp (O) 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>20</p> <p>5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 6:00 Barre Fusion (V)</p>	<p>21</p> <p>5:45 Fitcamp (O) 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>22</p> <p>7:30 Spin (OV) 8:30 Barre</p>	
23 30	<p>24</p> <p>5:45 Fitcamp (O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p>	<p>25</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch 5:30 Progressive Overload</p>	<p>26</p> <p>5:45 Fitcamp (O) 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>27</p> <p>5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 4:00 Beginner Pilates* 4:45 WRW* 6:00 Barre Fusion (V)</p> <p>6:45pm 80s Outdoor Step Class - Happy 17th Anniversary FD!</p>	<p>28</p> <p>5:45 Fitcamp(O) 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>29</p> <p>7:30 Spin (OV) 8:30 Barre</p>	