

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Please register for classes and small group training ahead of time via our website or using the free Mindbody App</i></p>		<p>1</p> <p>8:30 WRW*</p> <p>9:30 Barre (45 m) (V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 TRX &amp; Stretch</p> <p>5:30 Pilates Apparatus*</p>	<p>2</p> <p>5:45 Fitcamp (V)</p> <p>9:30 Circuit Training (V)</p> <p>11:30 Pilates Apparatus*</p> <p>12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> <p>6:30 Yoga Flow(V)</p>	<p>3</p> <p>5:45 Spin</p> <p>8:30 WRW*</p> <p>9:30 Spin/Sculpt(V)</p> <p>5:30 Barre Fusion (V)</p>	<p>4</p> <p>5:45 Fitcamp</p> <p>7:30 WRW*</p> <p>9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p>	<p>5</p> <p>7:30 Spin (V)</p> <p>8:30 Barre (V)</p>
<p>6</p> <p>9:00 Spin (V)</p>	<p>7</p> <p>5:45 Fitcamp</p> <p>7:00 WRW*</p> <p>8:00 HIIT(30 m) (V)</p> <p>5:30 Spin (OV)</p>	<p>8</p> <p>8:30 WRW*</p> <p>9:30 Barre (45 m) (V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 TRX &amp; Stretch</p> <p>5:30 Pilates Apparatus*</p>	<p>9</p> <p>5:45 Fitcamp (V)</p> <p>9:30 Circuit Training (V)</p> <p>11:30 Pilates Apparatus*</p> <p>12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> <p>6:30 Yoga Flow(V)</p>	<p>10</p> <p>5:45 Spin</p> <p>8:30 WRW*</p> <p>9:30 Spin/Sculpt(V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 Barre Fusion (V)</p>	<p>11</p> <p>5:45 Fitcamp</p> <p>7:30 WRW*</p> <p>9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p>	<p>12</p> <p>7:30 Spin (V)</p> <p>8:30 Barre (V)</p> <p><b>8am-10am</b> <b>Bunnies &amp; Bubbles:</b> <i>Pop-up event with Lil Wolf Goods</i></p>
<p>13</p> <p>9:00 Spin (V)</p>	<p>14</p> <p>5:45 Fitcamp</p> <p>7:00 WRW*</p> <p>8:00 HIIT(30 m) (V)</p> <p>10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p>	<p>15</p> <p>8:30 WRW*</p> <p>9:30 Barre (45 m) (V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 TRX &amp; Stretch</p> <p>5:30 Pilates Apparatus*</p>	<p>16</p> <p>5:45 Fitcamp (V)</p> <p>9:30 Circuit Training (V)</p> <p>11:30 Pilates Apparatus*</p> <p>12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> <p>6:30 Yoga Flow(V)</p>	<p>17</p> <p>5:45 Spin</p> <p>8:30 WRW*</p> <p>9:30 Spin/Sculpt(V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 Barre Fusion (V)</p>	<p>18</p> <p>5:45 Fitcamp</p> <p>7:30 WRW*</p> <p>9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p>	<p>19</p> <p>7:30 Spin (V)</p> <p>8:30 Barre (V)</p>
<p>20</p> <p>9:00 Spin (V)</p>	<p>21</p> <p>5:45 Fitcamp</p> <p>7:00 WRW*</p> <p>8:00 HIIT(30 m) (V)</p> <p>10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p>	<p>22</p> <p>8:30 WRW*</p> <p>9:30 Barre (45 m) (V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 TRX &amp; Stretch</p>	<p>23</p> <p>5:45 Fitcamp (V)</p> <p>9:30 Circuit Training (V)</p> <p>5:30 Spin (OV)</p> <p>6:30 Yoga Flow(V)</p>	<p>24</p> <p>5:45 Spin</p> <p>8:30 WRW*</p> <p>9:30 Spin/Sculpt(V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 Barre Fusion (V)</p>	<p>25</p> <p>5:45 Fitcamp</p> <p>7:30 WRW*</p> <p>9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p>	<p>26</p> <p>7:30 Spin (V)</p> <p>8:30 Barre (V)</p>
<p>27</p> <p>9:00 Spin (V)</p>	<p>28</p> <p>5:45 Fitcamp</p> <p>7:00 WRW*</p> <p>8:00 HIIT(30 m) (V)</p> <p>10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p>	<p>29</p> <p>8:30 WRW*</p> <p>9:30 Barre (45 m) (V)</p> <p>10:30 Pilates Apparatus*</p> <p>5:30 TRX &amp; Stretch</p> <p>5:30 Pilates Apparatus*</p>	<p>30</p> <p>5:45 Fitcamp (V)</p> <p>9:30 Circuit Training (V)</p> <p>11:30 Pilates Apparatus*</p> <p>12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> <p>6:30 Yoga Flow(V)</p>		<p><b>ORANGE:</b> Small Group Training *Additional Fee</p> <p><b>"WRW":</b> Weight Room Workout (Strength Series)</p> <p><b>BLUE:</b> Special Event</p>	<p><b>O:</b> Outdoors (Garage Studio)</p> <p><b>V:</b> Virtual Option Available</p>