

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