

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