

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>1 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 6:30 Nutrition Program</p>	<p>2 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>3 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Pilates Apparatus* 6:30 Barre Fusion (V)</p>	<p>4 5:45 Fitcamp (O) 7:30 WRW* 9:30 Total Conditioning(OV)</p> <p>11:00 Pilates Apparatus*</p>	<p>5 7:30 Spin (OV) 8:30 Barre</p>
6	<p>7 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*</p> <p>5:30 Spin (OV)</p>	<p>8 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Progressive Overload 5:30 TRX & Stretch</p>	<p>9 5:45 Fitcamp (O) 9:30 Circuit Training (OV)</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>10 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Pilates Apparatus* 6:30 Barre Fusion (V)</p>	<p>11 5:45 Fitcamp(O) 9:30 Total Conditioning(OV)</p> <p>Studio Closing Early</p>	<p>12 7:30 Spin (OV) 8:30 Barre</p>
13	<p>14</p> <p>Studio Closed</p>	<p>15 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 Progressive Overload 5:30 TRX & Stretch</p>	<p>16 5:45 Fitcamp (O) 9:30 Circuit Training (OV)</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>17 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Pilates Apparatus* 6:30 Barre Fusion (V)</p>	<p>18 5:45 Fitcamp (O) 7:30 WRW* 9:30 Total Conditioning(OV)</p>	<p>19 7:30 Spin (OV) 8:30 Barre</p>
20	<p>21 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*</p> <p>5:30 Spin (OV)</p>	<p>22 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</p>	<p>23 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>24 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Pilates Apparatus* 6:30 Barre Fusion (V)</p>	<p>25 5:45 Fitcamp (O) 7:30 WRW* 9:30 Total Conditioning(OV)</p> <p>11:00 Pilates Apparatus*</p>	<p>26 7:30 Spin (OV) 8:30 Barre</p> <p>10am Sleep, stress & the effects on weight management</p>
27	<p>28 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*</p> <p>5:30 Spin (OV)</p>	<p>29 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</p>	<p>30 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>31 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Pilates Apparatus* 6:30 Barre Fusion (V)</p>	<p>ORANGE: Small Group Training *Additional Fee</p> <p>WRW: Weight Room Workout (Strength Series)</p> <p>BLUE: Special Event</p> <p>O: Outdoors (Garage Studio/ Paved lot)</p> <p>V: Virtual Option Available</p>	