

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 Area 40 degrees +) V: Virtual Option Available</p>	<p>1 5:45 Fitcamp 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>2 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:45 WRW* 6:00 TRX & Stretch</p>	<p>3 5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>4 7:30 Spin (OV) 8:30 Barre</p> <p>9:30am Derby Day 5k</p>
5	<p>6 5:45 Fitcamp 7:00 WRW* 9:30 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>4:30, 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>7 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>8 5:45 Fitcamp 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V) cx'd</p>	<p>9 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 5:00 Beginner Pilates* 6:00 Barre Fusion (V)</p>	<p>10 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>11 7:30 Spin (OV) 8:30 Barre</p>
12	<p>13 5:45 Fitcamp 7:00 WRW* 9:30 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>4:30, 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>14 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>15 5:45 Fitcamp 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>16 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 5:00 Beginner Pilates* 6:00 Barre Fusion (V)</p>	<p>17 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	<p>18 7:30 Spin (OV) 8:30 Barre</p>
19	<p>20 5:45 Fitcamp 7:00 WRW* 9:30 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus*</p> <p>4:30, 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>21 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>22 5:45 Fitcamp 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>23 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 5:00 Beginner Pilates* 6:00 Barre Fusion (V)</p>	<p>24 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV)</p>	<p>25 7:30 Spin (OV) 8:30 Barre</p>
26	<p>27</p> <p>Memorial Day</p> <p>Studio closed.</p>	<p>28 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>29 5:45 Fitcamp 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>30 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O)</p> <p>4:00 Beginner Pilates* 4:45 WRW* 5:00 Beginner Pilates* 6:00 Barre Fusion (V)</p>	<p>31 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 1:30 Pilates Apparatus*</p>	