

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|--|---|---|---|
| | 1 5:45 Fitcamp(O) 7:00 WRW* 8:00 NSB Bootcamp 8:00 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 Pilates Apparatus* 5:30 Spin (OV) | 2 7:00 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch | 3 5:45 Fitcamp (O) 8:00 NSB Bootcamp 9:30 Circuit Training (OV) <i>Studio closing early</i> | 4 7:30 Spin 8:30 Fun 4th of July Circuit <i>Studio closing early</i> Happy 4th! | 5 5:45 Fitcamp (O) -cx'd 8:00 NSB Bootcamp 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus* 1:30 Pilates Apparatus* | 6 7:30 Spin (OV) 8:30 Barre |
| 7 | 8 5:45 Fitcamp(O) 7:00 WRW* 8:00 NSB Bootcamp 8:00 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 Pilates Apparatus* 5:30 Spin (OV) | 9 7:00 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Progressive Overload | 10 5:45 Fitcamp (O) 8:00 NSB Bootcamp 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V) | 11 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 3:00, 4:00 Pilates Apparatus* 4:45 WRW* 5:00 Pilates Apparatus* 6:00 Barre Fusion (V) Rachel Perry -- Psychic Medium 7pm | 12 5:45 Fitcamp (O) 7:30 WRW* 8:00 NSB Bootcamp 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus* | 13 7:30 Spin (OV) 8:30 Barre |
| 14 | 15 5:45 Fitcamp (O) 7:00 WRW* 8:00 NSB Bootcamp 8:00 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 Pilates Apparatus* 5:30 Spin (OV) | 16 7:00 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Progressive Overload | 17 5:45 Fitcamp (O) 8:00 NSB Bootcamp 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V) | 18 5:45 Spin (O) 8:30 WRW* 9:30 Spin/Sculpt (O) 3:00, 4:00 Pilates Apparatus* 4:45 WRW* 5:00 Pilates Apparatus* 6:00 Barre Fusion (V) | 19 5:45 Fitcamp (O) 7:30 WRW* 8:00 NSB Bootcamp 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus* 1:30 Pilates Apparatus* | 20 7:30 Spin (OV) 8:30 Barre |
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| 28 | 29 5:45 Fitcamp (O) 7:00 WRW* 8:00 NSB Bootcamp 8:00 HIIT(30 m) (OV) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 Pilates Apparatus* 5:30 Spin (OV) | 30 7:00 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Progressive Overload | 31 5:45 Fitcamp (O) 8:00 NSB Bootcamp 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V) | ORANGE: Small Group Training *Additional Fee "WRW": Weight Room Workout (Strength Series) BLUE: Special Event | Please register for classes and small group training ahead of time via the frontdesk, our website or using the free Mindbody App | O: Outdoors (Garage Studio/ paved lot) V: Virtual Option Available "NSB Bootcamp": Meets at New Silver Beach Tennis Courts |