

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 5:45 Fitcamp 7:00 WRW* 8:30am Pilates Apparatus* 9:30 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 & 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>2 5:45 Spin/HIIT 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Nutrition Program</p>	<p>3 5:45 Fitcamp 9:30 Circuit Training (V) 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>4 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O) 4:45 WRW* 6:00 TRX & Stretch</p>	<p>5 5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>6 7:30 Spin (V) 8:30 Barre</p>
7	<p>8 5:45 Fitcamp 7:00 WRW* 8:30am Pilates Apparatus* 9:30 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 & 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>9 5:45 Spin/HIIT 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Nutrition Program</p>	<p>10 5:45 Fitcamp 9:30 Circuit Training (V) 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>11 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O) 4:45 WRW* 6:00 TRX & Stretch</p>	<p>12 5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>13 7:30 Spin (V) 8:30 Barre</p>
14	<p>15 5:45 Fitcamp cx'd 7:00 WRW* 8:30am Pilates Apparatus* 9:30 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 5:30 Spin (OV) cx'd</p>	<p>16 5:45 Spin/HIIT 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Nutrition Program</p>	<p>17 5:45 Fitcamp 9:30 Circuit Training (V) 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>18 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O) 4:45 WRW* 6:00 TRX & Stretch</p>	<p>19 5:45 Fitcamp 9:30 Total Conditioning(V) 1:30 Pilates Apparatus*</p>	<p>20 7:30 Spin (V) 8:30 Barre</p>
21	<p>22 5:45 Fitcamp 7:00 WRW* 8:30am Pilates Apparatus* 9:30 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 & 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>23 5:45 Spin/HIIT 8:30 WRW* 9:30 Barre Fusion (V) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Nutrition Program</p>	<p>24 5:45 Fitcamp 9:30 Circuit Training (V) 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>25 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt (O) 4:45 WRW* 6:00 TRX & Stretch</p>	<p>26 5:45 Fitcamp 9:30 Total Conditioning(V)</p>	<p>27 7:30 Spin (V) 8:30 Barre</p>
28	<p>29 5:45 Fitcamp 7:00 WRW* 8:30am Pilates Apparatus* 9:30 HIIT(30 m) (V) 10:30, 11:30, 12:30 Pilates Apparatus* 4:30 & 5:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>30 5:45 Spin/HIIT 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) 6:30 Nutrition Program</p>		<p>O: Outdoors (Garage Area) (35 degrees +) V: Virtual Option Available</p>	<p>ORANGE: Small Group Training *Additional Fee "WRW": Weight Room Workout (Strength Series)</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>