

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Please register for classes and small group training ahead of time via our website or using the free Mindbody App		1 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	2 5:45 Fitcamp (Harbor) 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	3 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V) cx'd	4 7am Festive Fitcamp: <i>Meets at landing at the top of the Heights Hill. Prize for most patriotic outfit!</i> 9am Spin/sculpt (OV) 	5 7:30 Spin (OV) 8:30 Barre (V)
6	7 5:45 Fitcamp (Beach) 7:00 WRW* 8:00 HIIT(30 m) (OV) 8:00 Workout at NSB 8:30am Mat Pilates* 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	8 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	9 5:45 Fitcamp (Harbor) 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	10 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	11 5:45 Fitcamp (Beach) 7:30 WRW* 8:00 Workout at NSB 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	12 7:30 Spin (OV) 8:30 Barre (V)
13	14 5:45 Fitcamp (Beach) 7:00 WRW* 8:00 HIIT(30 m) (OV) 8:00 Workout at NSB 8:30am Mat Pilates* 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	15 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	16 5:45 Fitcamp (Harbor) 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	17 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	18 5:45 Fitcamp (Beach) 7:30 WRW* 8:00 Workout at NSB 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	19 7:30 Spin (OV) 8:30 Barre (V)
20	21 5:45 Fitcamp (Beach) 7:00 WRW* 8:00 HIIT(30 m) (OV) 8:00 Workout at NSB 8:30am Mat Pilates* 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30pm Spin Bri's FD Bridal Shower	22 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	23 5:45 Fitcamp (Harbor) 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	24 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	25 5:45 Fitcamp (Beach) 7:30 WRW* 8:00 Workout at NSB 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	26 7:30 Spin (OV) 8:30 Barre (V)
27	28 5:45 Fitcamp (Beach) 7:00 WRW* 8:00 HIIT(30 m) (OV) 8:00 Workout at NSB 8:30am Mat Pilates* 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	29 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	30 5:45 Fitcamp (Harbor) 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	31 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	ORANGE: Small Group Training: series not included in class cards/ memberships. Email fitnessdirections@gmail.com for availability *Mat Pilates with props \$40 drop-in rate	O: Outdoors (Garage Studio) V: Virtual Option Available WRW: Weight Room Workout (Strength Series) NSB: New Silver Beach - meets at tennis courts