

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>Please register for classes and small group training ahead of time via our website or using the free Mindbody App</i></p>	<p>1 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>2 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 Equipment Circuit (O)</p>	<p>3 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 5:30 Spin (O) 6:30 Nutrition Wellness Program*</p>	<p>4 5:45 Spin (O) 9:30 Spin/Sculpt (O) 8:30 WRW* 4:00 Pilates Apparatus* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>5 5:45 Fitcamp(OV) 7:30 WRW* 9:30 Total Conditioning (V)</p>	<p>6 7:30 Spin (OV) 8:30 Barre</p>	
	<p>7 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>8 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>9 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 Equipment Circuit (O)</p>	<p>10 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 5:30 Spin (O) 6:30 Nutrition Wellness Program*</p>	<p>11 5:45 Spin (O) 9:30 Spin/Sculpt (O) 8:30 WRW* 4:00 Pilates Apparatus* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>12 5:45 Fitcamp(OV) 7:30 WRW* 9:30 Total Conditioning (V) RACHEL PERRY PSYCHIC MEDIUM 6-8pm</p>	<p>13 7:30 Spin (OV) 8:30 Barre</p>
	<p>14 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>15 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>16 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 Equipment Circuit (O)</p>	<p>17 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 5:30 Spin (O) 6:30 Nutrition Wellness Program*</p>	<p>18 5:45 Spin (O) 9:30 Spin/Sculpt (O) 8:30 WRW* 4:00 Pilates Apparatus* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>19 5:45 Fitcamp(OV) 7:30 WRW* 9:30 Total Conditioning (V)</p>	<p>20 7:30 Spin (OV) 8:30 Barre</p>
	<p>21 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>22 5:45 Fitcamp(O) 7:00 WRW* 9:30 HIIT(30 m) (OV) 8:30, 10:30, 11:30 Pilates Apparatus 4:30 Pilates Apparatus* 5:30 Pilates Apparatus* 5:30 Spin (O)</p>	<p>23 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 Equipment Circuit (O)</p>	<p>24 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 5:30 Spin (O) 6:30 Nutrition Wellness Program*</p>	<p>25 5:45 Spin (O) 9:30 Spin/Sculpt (O) 8:30 WRW* 4:00 Pilates Apparatus* 6:00 TRX (30m) 6:30 Stretch & Relax (30m)</p>	<p>26 5:45 Fitcamp(OV) 7:30 WRW* 9:30 Total Conditioning (V)</p>	<p>27 7:30 Spin (OV) 8:30 Barre</p>
<p>28</p>	<p>29 9:30 HIIT(30 m) (OV) Memorial Day</p>	<p>30 7:30 Pilates Apparatus* 8:30 WRW* 9:30 Barre (45 m) (V) 5:30 Equipment Circuit (O)</p>	<p>31 5:45 Fitcamp(O) 9:30 Circuit Training (OV) 5:30 Spin (O) 6:30 Nutrition Wellness Program*</p>	<p>ORANGE: Small Group Training, *Additional Fee BLUE: Special Event "WRW": Weight Room Workout (Strength Series)</p>	<p>O: Outdoors if 35°F + and conditions are safe. (If 34°F or below and/or unsafe conditions: we go in studio) V: Virtual Option Available</p>		