

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|---|
| <p>O: Outdoors (Garage Studio)</p> <p>V: Virtual Option Available</p> | <p>ORANGE: Small Group Training *Additional Fee</p> <p>WRW: Weight Room Workout (Strength Series)</p> <p>BLUE: Special Event</p> | | <p>1</p> <p>Studio Closed</p> | <p>2</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)</p> <p>5:30 Barre Fusion (V)</p> | <p>3</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p> | <p>4</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> |
| <p>5</p> <p>9:00 Spin/Sculpt(V)</p> | <p>6</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> | <p>7</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch 5:30 Pilates Apparatus* 6:30 Nutrition Wellness Program*</p> | <p>8</p> <p>5:45 Fitcamp (V) 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>9</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)</p> <p>5:30 Barre Fusion (V)</p> | <p>10</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p> | <p>11</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> |
| <p>12</p> <p>9:00 Spin/Sculpt(V)</p> | <p>13</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> | <p>14</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch 5:30 Pilates Apparatus*</p> | <p>15</p> <p>5:45 Fitcamp (V) 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>16</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)</p> <p>5:30 Barre Fusion (V)</p> | <p>17</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p> | <p>18</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> |
| <p>19</p> <p>9:00 Spin/Sculpt(V)</p> | <p>20</p> <p>5:45 Fitcamp <i>cx'd</i> 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> | <p>21</p> <p>9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch 5:30 Pilates Apparatus*</p> | <p>22</p> <p>5:45 Fitcamp (V) 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>23</p> <p>5:45 Spin 9:30 Spin/Sculpt(V)</p> <p>5:30 Barre Fusion (V)</p> | <p>24</p> <p>5:45 Fitcamp 9:30 Total Conditioning(V)</p> <p>11:00 Pilates Apparatus*</p> | <p>25</p> <p>7:30 Spin (V) 8:30 Barre (V)</p> |
| <p>26</p> <p>9:00 Spin/Sculpt(V)</p> | <p>27</p> <p>5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus*</p> <p>5:30 Spin (OV)</p> | <p>28</p> <p>8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus*</p> <p>5:30 TRX & Stretch</p> | <p>29</p> <p>5:45 Fitcamp (V) 9:30 Circuit Training (V)</p> <p>5:30 Spin (OV) 6:30 Yoga Flow(V)</p> | <p>30</p> <p>5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V)</p> <p>5:30 Barre Fusion (V)</p> | <p>31</p> <p>5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V)</p> | <p>Please register for classes and small group training ahead of time via the frontdesk, our website or using the free Mindbody App</p> |