

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|--|---|--|--|
| RISE & SHINE BOOTCAMP | | RISE & SHINE BOOTCAMP | | BODY PUMP EXPRESS | | |
| SUNRISE YOGA | | SUNRISE YOGA | | | | |
| BODY SCULPT SPIN | BARRE | POWER HOUR SPIN | BODY PUMP | POWER YOGA | | |
| PACESETTER | POWER YOGA | PACESETTER | POWER YOGA | PACESETTER | BODY PUMP | |
| SILVER SNEAKERS | | SILVER SNEAKERS | | SILVER SNEAKERS | | |
| | | | | | | SPIN |
| INSANITY | BODY PUMP | INSANITY | BODY PUMP | | | |
| BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS | STEP | BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS | АВ АТТАСК | BODY PUMP | | |
| 6:00 PM SPIN T | TAI CHI | | SPIN | | | |
| | | | TAI CHI | | | |
| | F.I.R.E. BOOTCAMP | | F.I.R.E. BOOTCAMP | | | |
| | RISE & SHINE BOOTCAMP SUNRISE YOGA BODY SCULPT SPIN PACESETTER SILVER SNEAKERS INSANITY BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS | RISE & SHINE BOOTCAMP SUNRISE YOGA BODY SCULPT BARRE SPIN PACESETTER POWER YOGA SILVER SNEAKERS INSANITY BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS SPIN TAI CHI F.I.R.E. | RISE & SHINE BOOTCAMP SUNRISE YOGA BODY SCULPT BARRE POWER HOUR SPIN PACESETTER POWER YOGA SILVER SNEAKERS INSANITY BODY BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS SPIN TAI CHI RISE & SHINE BOOTCAMP RUSA SUNRISE YOGA POWER HOUR SPIN SPIN FILRE. | RISE & SHINE BOOTCAMP SUNRISE YOGA BODY SCULPT SPIN PACESETTER POWER YOGA SILVER SNEAKERS SILVER SNEAKERS INSANITY BODY PUMP BODY PUMP BODY PUMP BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS SPIN RISE & SHINE BOOTCAMP SUNRISE YOGA POWER HOUR BODY PUMP PACESETTER POWER YOGA SILVER SNEAKERS SILVER SNEAKERS SNEAKERS BODY PUMP BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS SPIN TAI CHI F.I.R.E. F.I.R.E. | RISE & SHINE BOOTCAMP RISE & SHINE BOOTCAMP SHINE BOOTCAMP SUNRISE YOGA BODY SCULPT SPIN PACESETTER POWER YOGA SILVER SILVER SNEAKERS SILVER SNEAKERS SILVER SNEAKERS SNEAKERS SILVER SNEAKERS BODY POWER YOGA PACESETTER POWER YOGA SILVER SNEAKERS SILVER SNEAKERS SNEAKERS BODY PUMP BODY PUMP BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS SPIN TAI CHI F.I.R.E. F.I.R.E. BODY PUMP TAI CHI F.I.R.E. F.I.R.E. | RISE & SHINE BOOTCAMP SHINE BOOTCAMP SUNRISE YOGA BODY SCULPT SPIN PACESETTER POWER YOGA SILVER SNEAKERS BODY PUMP PACESETTER POWER YOGA SILVER SNEAKERS SILVER SNEAKERS BODY PUMP BODY PUMP BODY PUMP BODY PUMP "BACK TO BASICS" YOGA DOWNSTAIRS SPIN TAI CHI F.I.R.E. F.I.R.E. |

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