

|         | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|---------|--|---|--|--|---|--|---|
| 6:00am  | <b>GROUP POWER</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                 | <b>BOXING BOOTCAMP</b><br>REPS STUDIO<br><i>Check schedule for Instructor</i>                                     | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                               | <b>VIINYASA FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                          | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>  |  |   |
|         |  | <b>VINYASA FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                          | <b>GROUP POWER</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>             | <b>RUN, STRENGTH &amp; CHILL</b><br>OUTSIDE<br><i>Check schedule for Instructor</i>                                | <b>HOT FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>  |  |   |
| 7:30am  |  |   |  |  |   | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                               |   |
| 8:30am  |  |   |  |  |   | <b>HOT POWER FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                   |   |
|         |  |   |  |  |   | <b>MAX STEP</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                |   |
| 9:00am  |  |   |  |  |   |  | <b>GET EXTREMELY RIPPED! 1000</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> |
| 9:30am  | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                                   | <b>STRENGTH &amp; BALANCE</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                | <b>GET RIPPED! TO THE CORE</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> | <b>BOOTCAMP</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                      | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>  | <b>BOXING BOOTCAMP</b><br>REPS STUDIO<br><i>Check schedule for Instructor</i>                                | <b>VINYASA FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                        |
|         | <b>GET RIPPED! SLIM &amp; LEAN</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> | <b>BOXING BOOTCAMP</b><br>REPS STUDIO<br><i>Check schedule for Instructor</i>                                     | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                               | <b>STRENGTH &amp; BALANCE</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                 | <b>GET RIPPED! BUFFET</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                     | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                               | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>    |
| 10:15am |  |   |  |  |   | <b>GROUP POWER</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>             |   |
| 10:30am | <b>DEEP WATER</b><br>DIVE TANK OR POOL<br><i>Check schedule for Instructor</i>                                   |   | <b>DEEP WATER</b><br>DIVE TANK OR POOL<br><i>Check schedule for Instructor</i>                               |  | <b>DEEP WATER</b><br>DIVE TANK OR POOL<br><i>Check schedule for Instructor</i>  | <b>YOGA CORE</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                        |   |
| 11:00am | <b>YOGA BLEND</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                           |   |  |  | <b>YOGA BLEND</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                                      |  |   |
| 11:30am |  |   |  |  |   |  | <b>YOGA FOR SPORT</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                      |
| 12:00pm |  | <b>TECHNOSPIN (45 MINS)</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                          | <b>YOGA BLEND</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>              | <b>TECHNOSPIN (45 MINS)</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                           |   |  |   |
| 12:15pm | <b>BOOTCAMP</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                    | <b>GROUP POWER</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                  |  | <b>GROUP POWER</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                   |   | <b>GET RIPPED! TO THE CORE</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> |   |
| 5:00pm  |  |   | <b>ZUMBA</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                   |  |   |  |   |
| 5:30pm  | <b>HOT FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                             | <b>GET EXTREMELY RIPPED!</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>        | <b>HOT YOGA BOOTCAMP</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                | <b>GET RIPPED! BUFFET</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>            | <b>HOT YOGA BOOTCAMP</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> |  |   |
|         | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                                   | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>      | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                               | <b>STRENGTH &amp; BALANCE</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                 |   |  |   |
|         |  | <b>PILATES</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> |  | <b>TECHNOSPIN</b><br>TECHNOSPIN STUDIO<br><i>Check schedule for Instructor</i>                                     |   |  |   |
| 6:30pm  | <b>BOOTCAMP</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>                    |   | <b>GROUP POWER</b><br>GYM1<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b>             |  |   |  |   |
| 7:15pm  | <b>VINYASA FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                         | <b>HOT FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                              | <b>YIN YANG YOGA</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i>                    | <b>HOT FLOW</b><br>STRENGTH & BALANCE STUDIO<br><i>Check schedule for Instructor</i><br><b>[DROP-IN AVAILABLE]</b> |   |  |   |