

Aerobics	Time	6:15	9:15	10:15	12:10	12:50	1:10	5:00	5:30	6:30
	Monday	6:00 BAR		FB Exp	BAR	ABS	HIIT	ABS	STRONG BAR	
	Tuesday	BOOT CAMP	9:45 BAR EX		YOGA		ZUMBA	X	Bar	Yoga
	Wednesday				STEP		STRONG BAR	ABS	HIIT	
	Thursday	X/CB			CB		X	4:30 BAR EX	5:00 X	6:00 Yoga
	Friday	STRONG BAR		Yoga	AER		Yoga		5:00 HIIT EX	
	Time	7:30	8:30	9:30	10:00	10:30				
	Saturday	HIIT	HIIT	BAR		Yoga				
	Sunday		9:00 BAR							

Circuit	Time	6:30	9:15		12:10	1:10	4:30	5:00	5:30	5:30
	Monday	C			C		BOX Express		C	
	Tuesday				Circuit Induction	C				RUN
	Wednesday	C			C		CIRCUIT Express	Circuit Induction	C	
	Thursday					C			CIRCUIT EXPRESS	
	Friday	C	C		C					
	Time		9:00	9:30						
	Saturday			C						
Sunday		C								

Spin	Time	6:30	9:15	10:15	12:10	1:10		4:30	5:30	
	Monday		SPIN			SPIN		SPIN	SPIN	
	Tuesday	SPIN	SPIN EX		SPIN			SPIN	SPIN	
	Wednesday	6:00 SPIN				SPIN			SPIN	
	Thursday	SPIN	SPIN		SPIN			5:00 SPIN EX	SPIN EXPRESS	
	Friday					SPIN		SPIN EXPRESS		
	Time		8:30		10:00					
	Saturday		SPIN							
	Sunday				SPIN					

Platinum	Time		6:30	9:00	12:10	1:10	4:30	5:30	
	Monday	Strength	F	F		F	F	F	
	Tuesday	Endurance	F	F	F		F	F	
	Wednesday	Strength	F	F		F		F	
	Thursday	Endurance	F	F	F		F		
	Friday	Strength	F	F		F		F	
	Time			8:30					

	Saturday	Endurance		F					
--	----------	-----------	--	---	--	--	--	--	--

