



CLASS SCHEDULE

TIME (PT)	TIME (CT)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	10:00 AM						* FIT - FUNCTIONAL INTEGRATED TRAINING REPLAY (SOON)
8:30 AM	10:30 AM						
9:00 AM	11:00 AM						YOGA SLOW FLOW REPLAY (SOON)
9:30 AM	11:30 AM						
10:00 AM	12:00 AM						CARDIOKICKBOXING
10:30 AM	12:30 AM						
11:00 AM	1:00 AM			*YOGA SNACK (30) (SOON)			POWER SMASH
11:30 AM	1:30 AM			*MEDITATION (20) (SOON)			
12:00 PM	2:00 PM	*YOGA SNACK (30) (SOON)		*CHAIR YOGA (30) (SOON)		*YOGA SNACK (30) (SOON)	
12:30 PM	2:30 PM	*MEDITATION (20) (SOON)	UPPER BODY (30) (SOON)		LOWER BODY (30) (SOON)	*MEDITATION (20) (SOON)	
1:00 PM	3:00 PM	* CARDIO/STRENGTH (SOON)	* FIT - FUNCTIONAL INTEGRATED TRAINING (SOON)	STRENGTH/BALANCE (SOON)	* FIT - FUNCTIONAL INTEGRATED TRAINING (SOON)	HARD CORE (30) (SOON)	
1:30 PM	3:30 PM						
2:00 PM	4:00 PM						
2:30 PM	4:30 PM						
3:00 PM	5:00 PM						
3:30 PM	5:30 PM						
4:00 PM	6:00 PM						
4:30 PM	6:30 PM						
5:00 PM	7:00 PM	CORE (30)		CORE (30)			
5:30 PM	7:30 PM	POWER SMASH	HIIT (30)	POWER SMASH	HIIT (30)		
6:00 PM	8:00 PM		CARDIOKICKBOXING (SOON)		YOGA SLOW FLOW (SOON)		
6:30 PM	8:30 PM	YOGA STRETCH (45)	CARDIOKICKBOXING (SOON)	YOGA STRETCH (45)	YOGA SLOW FLOW (SOON)		