



CLASS SCHEDULE

TIME (PT)	TIME (CT)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	10:00 AM						YOGA (REPLAY)
8:30 AM	10:30 AM						
9:00 AM	11:00 AM						HIIT STRENGTH (30) (REPLAY)
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						POWER SMASH
11:30 AM	1:30 AM						
12:00 PM	2:00 PM		*FUNCTIONAL CARDIO/ STRENGTH (45) (SOON)	*YOGA SNACK (30) (SOON)	*FUNCTIONAL STRENGTH/ BALANCE (45) (SOON)	CHAIR YOGA (30) (SOON)	
12:30 PM	2:30 PM					YOGA (45) (SOON)	
1:00 PM	3:00 PM		UPPER BODY (30) (SOON)		LOWER BODY (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						
5:30 PM	7:30 PM	POWER STRENGTH	HIIT CARDIO (30)	POWER SMASH	HIIT STRENGTH (30)		
6:05 PM	8:05 PM		CORE (30)		HARD CORE (30)		
6:35 PM	8:35 PM	YOGA (45)		YOGA STRETCH (30)			