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| M | T | | W | T | F | S | S |
| **MORNING SESSIONS** | | | | | | | |
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| **HIIT**  Stacey  9:00 | **BOOTCAMP**  **Antonio**  9:00 | | **YOGA**  NATASHA  9:00 | **BOOTCAMP**  Antonio  9:00 | **FULL/BODY**  **CONDITINING**  AL  9:00 | **BOOTCAMP**  Stacey  9:00 | **YOGA**  VICTORIA  10:00 |
|  |  | |  |  |  |  |  |
| **AFTERNOON SESSIONS** | | | | | | | |
| **HIIT/BOOTCAMP**  AL  5:30 | **YOGA**  **NATASHA**  5:30 | **ZUUMBA**  **CARA**  5:30 | |  |  |  |  |
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