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| --- | --- | --- | --- | --- | --- | --- |
| M | T | W | T | F | S | S |
| **MORNING SESSIONS** |
|  |  |  |  |  |  |  |
| **HIIT**Stacey9:00 | **BOOTCAMP****Antonio**9:00 | **YOGA**NATASHA9:00 | **BOOTCAMP**Antonio9:00 | **FULL/BODY****CONDITINING**AL9:00 | **BOOTCAMP**Stacey9:00 | **YOGA**VICTORIA10:00 |
|  |  |  |  |  |  |  |
| **AFTERNOON SESSIONS** |
| **HIIT/BOOTCAMP** AL5:30 | **YOGA****NATASHA**5:30 | **ZUUMBA****CARA**5:30 |  |  |  |  |
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