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| M | T | W | T | F | S | S |
| **MORNING SESSIONS** |
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| **BODY** **CONDITIONING**AL9:15 | **SUPER SET CIRCUIT****DAN**9:15 | **STRENGTH AND ATHLETIC**STACEY9:00 | **SUPER SET CIRCUIT**DAN9:15 | **FULL/BODY****CONDITINING**AL9:00 | **BOOTCAMP**ANTONIO9:00 | **YOGA**VICTORIA10:00 |
|  |  |  |  |  |  |  |
| **AFTERNOON SESSIONS** |
| **HIIT/BOOTCAMP** AL5:30 | **ZUUMBA****Alex**6:00 | **YOGA****Natasha**5:30 |  |  |  |  |
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