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| M | T | W | T | F | S | S |
| **MORNING SESSIONS** |
|  |  |  |  |  |  |  |
| **BODY** **CONDITIONING**AL9:15 | **BOOTCAMP****DAN**9:15 | **STRENGTH AND ATHLETIC**STACY9:00 | **BOOTCAMP**DAN9:15 | **FULL/BODY****CONDITIONING**AL9:00 | **BOOTCAMP**ANTONIO9:00INDOOR CYCLINGHENRY10:15 | **GENTLE****YOGA**PAULA10:00 |
|  |  |  |  |  |  |  |
| **AFTERNOON SESSIONS** |
| **HIIT/BOOTCAMP** AL5:30KICKBOXING Dan7:00 |  **HiiT****STACY****5:00****INDOOR****CYCLING****HENRY****6:30** | SUPERSET CIRCUITDAN6:15KICKBOXINGDAN7:15 | **ZUUMBA****Joanna****6:00****POWER****YOGA****7:15**  |  |  |  |
|  | **PILATES****KRISTA****7:00** |  |  |  |  |  |
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