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| **MORNING SESSIONS** | | | | | | | |
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| **BODY**  **CONDITIONING**  AL  9:15 | **BOOTCAMP**  **DAN**  9:15 | | **STRENGTH AND ATHLETIC**  STACY  9:00 | **BOOTCAMP**  DAN  9:15 | **FULL/BODY**  **CONDITIONING**  AL  9:00 | **BOOTCAMP**  ANTONIO  9:00  INDOOR  CYCLING  HENRY  10:15 | **GENTLE**  **YOGA**  PAULA  10:00 |
|  |  | |  |  |  |  |  |
| **AFTERNOON SESSIONS** | | | | | | | |
| **HIIT/BOOTCAMP**  AL  5:30  KICKBOXING Dan  7:00 | **HiiT**  **STACY**  **5:00**  **INDOOR**  **CYCLING**  **HENRY**  **6:30** | SUPERSET CIRCUIT  DAN  6:15  KICKBOXING  DAN  7:15 | | **ZUUMBA**  **Joanna**  **6:00**  **POWER**  **YOGA**  **7:15** |  |  |  |
|  | **PILATES**  **KRISTA**  **7:00** |  | |  |  |  |  |
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