

** SUBJECT TO CHANGE **

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	PILATES 6:15 – 7:15 SRC B MAGGIE		MUSCLE CUT 6:15 – 7:15 SRC B JENNIFER				
8:00 AM	YOGA 8:00 – 9:00 SRC B EMILY		YOGA 8:00 – 9:00 SRC B EMILY				
12:00 PM	STEP 12:15 – 1:00 SRC B WIL	MUSCLE CUT 12:15 – 1:00 SRC B MELANIE	PILATES 12:15 – 1:00 SRC B LAUREN	MUSCLE CUT 12:15 – 1:00 SRC B MELANIE	ZUMBA 12:15 – 1:00 SRC B SAMMIE	YOGA 12:00 – 1:00 SRC B SABRINA	
4:00 PM	ZUMBA 4:00 – 5:00 SRC A BILLIE	LOWER BODY CONDITIONING 4:15 – 5:00 SRC B MARISSA	ZUMBA 4:00 – 5:00 SRC A SAMMIE	UPPER BODY CONDITIONING 4:15 – 5:00 SRC B MARISSA	LOWER BODY CONDITIONING 4:15 – 5:00 SRC B REBECCA	MUSCLE CUT 4:00 – 5:00 SRC B REBECCA	BOSU CIRCUIT 4:00 – 5:00 SRC B EMMA
5:00 PM	CARDIO BLAST 5:15 – 6:00 SRC A CARRINGTON	ZUMBA 5:15 – 6:15 SRC A DANIELLE	3-2-1 5:15 – 6:00 SRC B KATHRYN	ZUMBA 5:15 – 6:15 SRC A SARAH	3-2-1 5:15 – 6:00 SRC B ANDREA		ZUMBA 5:15 – 6:15 SRC B MARIE
	KICK N SCULPT 5:15 – 6:15 SRC B KAROLYNE	MUSCLE CUT 5:15 – 6:15 SRC B EMMA		MUSCLE CUT 5:15 – 6:15 SRC B EMMA			
		WATER AEROBICS BOWMAN GRAY 5:15 – 6:15 JANA		H2O DANCE BOWMAN GRAY 5:15 – 6:15 SAMMIE			
6:00 PM	ABSOLUTION 6:10 – 6:30 SRC A CARRINGTON	ABSOLUTION 6:25 – 6:45 SRC B EMMA	ABSOLUTION 6:10 – 6:30 SRC A KATHRYN	ABSOLUTION 6:25 – 6:45 SRC B EMMA			
	MUSCLE CUT BARBELLS 6:30 – 7:30 SRC B MARIA	KICK HIIT 6:30 – 7:30 SRC A KATHRYN	MUSCLE CUT BARBELLS 6:30 – 7:30 SRC B SARAH	YOGA 6:30 – 7:30 SRC A VICTORIA			
7:00 PM	PILATES 7:00 – 8:00 SRC A MEGAN	YOGA 7:00 – 8:00 SRC B CLAIRE	ZUMBA 7:00 – 8:00 SRC A MARIE				
8:00 PM	KICKBOXING 7:45 – 8:30 SRC B JULEE	MUSCLE CUT 8:15 – 9:00 SRC B CARRINGTON	KICKBOXING 7:45 – 8:30 SRC B JULEE				

GROUP EXERCISE POLICIES: Please refer to the group exercise policies posted on our website and in the studio.