| MONDAY <br> 6:00AM <br> HIIT CIRCUIT <br> HENRY | TUESDAY <br> 6:00AM <br> SPORTS CONDITIONING SONYA | WEDNESDAY <br> 6:00AM <br> PURE STRENGTH <br> RP | THURSDAY $\begin{aligned} & \text { 6:00AM } \\ & \text { S\&C } \\ & \text { GERRY } \end{aligned}$ | $\begin{aligned} & \text { FRIDAY } \\ & \text { 6:00AM } \\ & \text { PURESTRENGTH } \\ & \text { HENRY } \end{aligned}$ | $\begin{aligned} & \text { SATURDAY } \\ & \text { 7:30AM } \\ & \text { PURESTRENGTH } \\ & \text { TAYLOR } \end{aligned}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| hit express RICKY | rhythm cycle RACHEL | HIIT EXPRESS | POWER VINYASA TAMMY | RHYTHM CYCLE |  |  |
| ${ }_{\text {RHACHEL }}^{\text {RHYTHM CYCLE }}$ | POWER VINYASA CHAUNTELLE | 7:15AM <br> PURE STRENGTH <br> R $\mathbf{P}$ | rhythm cycle cAT | RACHEL | 8:00AM <br> HIIT EXPRESS | Q $)^{1}$ |
| 7:15AM <br> PURESTRENGTH <br> RICKY | $\begin{aligned} & \frac{7: 15 A M}{} \\ & \text { S\&C } \& \end{aligned}$ | VINYASA FLOW <br> LEAH | $\begin{aligned} & \frac{7: 15 A M}{\prime S \& C} \\ & \text { GERRY } \end{aligned}$ | TAI | Joey | MON-THURS: 5.301M-9PM |
|  | $\begin{aligned} & \text { HITTEXPRESS } \\ & \text { RICKY } \end{aligned}$ | $\begin{aligned} & \text { 8:30AM } \\ & \text { JIITEXPRESESES } \end{aligned}$ | HIIT EXPRESS | 7:15AM <br> PURE STRENGTH HENRY | $\begin{aligned} & \text { 9:00AM } \\ & \text { BOXING } \\ & \text { KYLE } \end{aligned}$ | FR/-5:3ПAM-7PM |
|  | $\begin{aligned} & \text { 8:30AM } \\ & \text { PURESTRENGTH } \\ & \text { RP } \end{aligned}$ | $\begin{aligned} & \text { BOXING } \\ & \text { TAI } \end{aligned}$ | $\begin{aligned} & \text { 8:30AM } \\ & \begin{array}{l} \text { PURE STRENGTH } \\ \text { RP } \end{array} \end{aligned}$ | HENRY <br> POWER VINYASA | S \& C | FRI. 5.30AM-7PM |
| ${ }_{\text {RHYTHM CYCLE }}^{\text {Cat }}$ | $\begin{aligned} & \text { HITTEXPRESS } \\ & \text { RICKY } \end{aligned}$ | RHYTHM CYCLE ALEXIS | HIIT EXPRESS | CHAUNTELLE | TAYLOR | SAT: 7AM-2PM |
| $\underset{\substack{\text { Boxing } \\ \text { LEEANE }}}{\text { cit }}$ | $\underset{\text { Coflex }}{\text { Cobitelle }}$ |  |  | 8:30AM | JOEY | SUN: 8AM-2PM |
|  | $\underset{\text { RLEXIS }}{\text { RHYTHM CYCLE }}$ |  | 9:45AM ${ }^{\text {PURE STRENGTH }}$ | YOFLEX <br> CHAUNTELLE | 10:00AM |  |
|  | $\begin{aligned} & \text { 9:45AM } \\ & \begin{array}{l} \text { PURE STRENGTH } \\ \text { JOEY } \end{array} \end{aligned}$ | (hut express | PORE <br> RECOVERY YOGA | HIIT CIRCUIT KATHYRN | HIIT EXPRESS JOEY | $\square-$ |
| $\underset{\substack{\text { boxing } \\ \text { LEANNE }}}{\text { cict }}$ | RECOVERY YOGA JENNIFER | ${ }_{\text {Tal }}^{\text {coxing }}$ | JENNIFER | 9:45 AM | 10:30AM | 迷 |
| HIIT EXPRESS RICKY 12:00PM | $\begin{aligned} & \text { 12:00PM } \\ & \begin{array}{l} \text { 12:TTEXPRESS } \\ \text { JOEY } \end{array} \end{aligned}$ | 12:00PM <br> HIIT EXPRESS <br> KATHRYN | $\frac{\text { 12:00PM }}{\text { BOXING }}$ <br> TAI <br> RHYTHM CYCLE | S\&C-METCON TAYLOR | HIIT CIRCUIT HENRY |  |
| Hit EXPRESS <br> кр <br> hilt circuit <br> JOEY | boxing LEEANNE <br> RHYTHM CYCLE ALEXIS | (ent RHYTHM CYCLE | ALEXIS <br> SPORTS CONDITIONING JoEY | KICKBOXING MORGAN <br> HIIT EXPRESS | SUNDAY $\frac{9: 00 \mathrm{AM}}{\mathrm{~S} \& \mathrm{C}}$ |  |
| $\underset{\text { KYLE }}{\text { BOXING }}$ | $\begin{gathered} \text { s\&e } \\ \text { HENRY } \end{gathered}$ | PURE StRENGTH MEGAN | ( HIITEXPRESS | KATHRYN | ALEX <br> BOXING | $17 \square$ |
| 4:30PM HIIT CIRCUIT MEGAN |  | 4:30PM <br> SPORTS CONDITIONING K | $\begin{aligned} & \text { 4:30PM } \\ & \text { HENTITRCUIT } \\ & \text { HENRY } \end{aligned}$ | $\begin{aligned} & \text { 12:00PM } \\ & \text { HIIT EXPRESS } \\ & \text { KP } \end{aligned}$ | LEEANNE <br> HIIT EXPRESS KATHRYN |  |
| HIIT EXPRESS <br> TAYLOR <br> 6:00PM | HIIT EXPRESS MEGAN | HIIT EXPRESS MEGAN <br> 6:00PM | HIIT EXPRESS KP | BOXING <br> LEEANNE | KATHRYN <br> RHYTHM CYCLE <br> ALEXIS | FITNESS + TRAINING |
| 6:00PM <br> KICKBOXING <br> MORGAN | $\begin{aligned} & \text { 5:30PM } \\ & \text { HIITEXPRESS } \\ & \text { MEGAN } \end{aligned}$ | $\begin{aligned} & \text { 6:00PM } \\ & \text { MIIT CIRCUIT } \\ & \text { CEGAN } \end{aligned}$ | $\begin{aligned} & \text { 5:30PM } \\ & \text { HIIT EXPRESS } \\ & \text { KD } \end{aligned}$ $\mathbf{K P}$ | RHYTHM CYCLE | 10:30AM | $\begin{gathered} \text { FITNESS + TRAINING } \\ \text { CENTER } \end{gathered}$ |
| rhythm cycle ALEXIS <br> HIT EXPRESS RICKY | $\begin{aligned} & \text { 6:00PM } \\ & \text { PURE STRENGTH } \\ & \text { JOEY } \end{aligned}$ | ALEXIS <br> boxing <br> KYLE | $\frac{\text { 6:00PM }}{\text { PURE STRENGTH }}$ TAYLOR | CAT <br> S \& C TAYLOR | VINYASA FLOW CHAUNTELLE s \& C |  |
|  | $\underset{\substack{\text { RHYTHMM } \\ \text { ALEXIS }}}{\text { crale }}$ | HIIT EXPRESS RICKY | rhythm cycle ALEXIS |  | KATHYRN |  |
| $\begin{aligned} & \text { 7:30PM } \\ & \begin{array}{l} \text { JINASA FLOW } \\ \text { JENNIFER } \end{array} \end{aligned}$ | $\begin{aligned} & \frac{\text { 6:30PM }}{\text { VINYASA FLOW }} \\ & \text { LEAH } \end{aligned}$ | $\begin{aligned} & \text { 7:30PM } \\ & \text { VINYASA FLOW } \\ & \text { SEAN } \end{aligned}$ | $\begin{aligned} & \text { 6:30PM } \\ & \text { 6INYASA FLOW } \\ & \text { JENNIFER } \end{aligned}$ | $\begin{aligned} & \frac{4: 30 \mathrm{PM}}{\mathrm{~S} \mathrm{\&} \mathrm{E}} \\ & \mathrm{BEN} \end{aligned}$ | $\begin{aligned} & \text { 12:00PM } \\ & \text { PURESTRENGTH } \\ & \text { KATHYRN } \end{aligned}$ |  |

