

	6:30-6:50	7:00-7:30	7:30-8:00	8:30-9:00	9:10-10:00	10:10-11:00	11:10-11:50	12:00-12:30	12:40-13:30	13:00-13:30
MON	STRENGTH BASICS - FULL BODY SCULPT	21 DAY FIX EXTREME -DIRTY 30	AB BLAST	FIR STEPS EXTREME	WAR 20	ICEBOOST CAMP CIRCUIT	COREMA-GEDDON	HIIT MAX (PHASE 3)	12:40 -13:30 DETOX YOGA (LIVE)	FREE CIRCUIT
TUES	CARDIO BASICS 2 - FULL BODY	HIIT INTENSE		CORE KILLER	TRANSFORM 7	BOOT VOL 4	STEADY FLOW	BOXERCISE (LIVE)	BODY BURN (LIVE)	
WED	CARDIO HIIT CALRORIE BLASTER	TOTAL BODY SCULPT EXTREME	BOX CIRCUIT	ATHLETIC YOGA FOR CONDITIONING - HIP OPENER	DOONYA-CARDIO & CONDITIONING	ICE ROCK'EM SOCK'EM KICKBOX	KILLER ABS 1	ZUMBA (LIVE)	LEGS, BUMS AND TUMS (LIVE)	STRICTLY KETTLEBELL
THUR	22MHC - CARDIO 1	BOX HIIT TOTAL BODY		NO IMPACT	PILATES	HIIT CIRCUIT LOWER BODY	YOGA INFERNO	BOXX HIIT30 ABS AND CORE	RIGORUS FLOW	
FRI	BOXX HIIT T15- FULL BODY	INSANITY MAX 30 - CARDIO CHALLENGE	HIIT	3WYR-RELAX	RIP VOL 24	EFFECTIVE PILATES	COREDE-FORCE MMA SHRED	4X4 FAT LOSS (PHASE 1)	ZUMBA 101 THINK YOU CAN'T DANCE?	INTENSITY
SAT					9:30-10:20 TRANE INSANE (LIVE)					
SUN					9:30-10:20 PEDAL POWER (LIVE)					

INTESNITY

HIGH

MED

LOW

	13:17-13:30	13:45-16:00		16:00-17:00	17:20-17:40	17:30-18:00	17:50-18:20	18:30-19:20	19:30-20:20	20:30-21:20
MON	NO CLASS	USER CHOICE	USER CHOICE	USER CHOICE	STRETCH 1 (20 MIN)	INTENSITY	BOXERCISE (LIVE)	BODY BURN (LIVE)	DANCE FITNESS (LIVE)	PEDAL POWER (LIVE)
TUES	STRETCH AND RECOVERY	NO CLASSES	NO CLASSES	NO CLASSES	SCULPT ARMS AND ABS	HIIT	PEDAL POWER (LIVE)	LEGS, BUMS, AND TUMS (LIVE)	TRAIN INSANE (LIVE)	PILATES (LIVE)
WED	FLOW STRETCH	USER CHOICE	USER CHOICE	USER CHOICE	17:00-17:20 FIGHT BASICS - CARDIO	AB BLAST	7:30-18:20 YOGA VINYASA	ZUMBA (LIVE)	HATHA YOGA (LIVE)	BEATS AND MIXES (LIVE)
THUR	NO CLASS	USER CHOICE	USER CHOICE	USER CHOICE	TURBOFIRE ABS 10		7:30-18:20 PILATES (LIVE)	ZUMBA (LIVE)	BODY BURN (LIVE)	KICKBOXING (LIVE)
FRI	NO CLASS	USER CHOICE	USER CHOICE	USER CHOICE	17:00-17:20 CARDIO BASICS 3		17:30-18:20 POWER STEP 20	PILATES (LIVE)	19:30-21:00 KICKBOXING (LIVE)	
SAT								18:00-18:50 ZUMBA (LIVE)	19:00-19:30 HATHA YOGA	
SUN								18:00-18:50 PILATES (LIVE)	19:00-19:50 TRAIN INSANE (LIVE)	

INTENSITY

HIGH

MED

LOW