

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM 7:30AM		7:15–7:45am Standing Body Flow Intermediate	7:30–8:15am Abs, Hips & Thighs Intermediate		7:00–7:45am Wake Up Your Core Beginner		
8:00AM	8:00–9:00am Abs, Hips & Thighs Intermediate	8:00–9:00am Sit Fit & Magic Circle Intermediate		8:00–8:30am Stand & Wake Up Your Joints Restorative	8:00–9:00am Abs, Hips & Thighs Intermediate	8:15–9:15am Wake Up Your Core Beginner	
8:45AM				8:45–9:15am Standing Body Flow Intermediate			8:45–9:15am Standing Body Flow With Weights Intermediate
9:30AM	9:30–10:30am Wake Up Your Core Beginner	9:30–10:30am Abs, Hips & Thighs Intermediate	9:30–10:30am Wake Up Your Core Beginner	9:30–10:30am Abs, Hips & Thighs Intermediate	9:30–10:30am Power & Flow Advanced	9:30–10:30am Power & Flow Advanced	9:30–10:30am Abs, Hips & Thighs Intermediate
11:00AM	11:00am–12:00pm Restorative & Safe for All Restorative	11:00am–12:00pm Power & Flow Advanced	11:00am–12:00pm Restorative & Safe for All Intermediate		11:00am–12:00pm Sit Fit & Magic Circle Restorative		11:00am–12:00pm Restorative & Safe for All Restorative
12:00PM 12:30PM	12:30–1:00pm Abs, Hips & Thighs Intermediate	12:15–1:00pm Resistance Training for Strong Bones Intermediate					
2:00PM	2:00–3:00pm Neuro Fit For Life Specialty		2:00–2:30pm Release and Stability for Neck & Shoulders Restorative	2:00–3:00pm Neuro Fit For Life Specialty			
4:00PM 4:30PM	4:45–5:15pm Condition Your Balance Systems Intermediate		4:00–5:00pm Foam Roller Intermediate	4:00–4:45pm Full Body Sculpt Advanced			
5:30PM	5:30–6:30pm Power & Flow Advanced						
6:00PM 6:45PM		6:00–7:00pm Reformer Reimagined with Theraband and Ball Intermediate	6:45–7:15pm Strengthen Your Arms & Shoulders Intermediate				