

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15	6:30 - 7:15	6:30 - 7:00	6:30 - 7:15	6:30 - 7:30
Strength & Conditioning	Cross-Training	Cardio Express	Total Strength	Power Hour
11:30 - 12:15	11:30 - 12:15	11:30 - 12:00	11:30 - 12:05	11:30 - 12:00
Strength & Conditioning	Total Strength	MIX IT UP*	Cross-Training	Cycle*
12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	12:30 - 1:15	
Vinyasa Yoga	Yoga Flow	Vinyasa Yoga	Yoga Flow	
	4:15 - 5:00	4:15 - 5:00		
	Gentle Yoga	Bootcamp		

Oct. - Dec.