

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:30
Strength & Conditioning	Cross - Training	Sunrise Yoga / Mixed Cardio	Rooftop Wake Up	Power Hour
11:30 - 12:15	11:30 - 12:15	11:30 - 12:00	11:30 - 12:05	11:30 - 12:00
Strength & Conditioning	Functional Strength Training	MIX IT UP*	Coaches Choice	Cycle Strength*
12:30 - 1:15	12:30 - 1:15	12:30 - 1:00	12:30 - 1:15	12:30 - 1:15
Vinyasa Yoga	Vinyasa Yoga	Stretching	Yoga Fusion	Yoga Fusion

September

4:15 - 5:00
Bootcamp

4:15 - 4:45
Flexibility & Mobility

