

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	<b>MONDAY MASHUP</b> (shannon) <b>SPIN</b> (aaryn) <b>* FAT BLASTER</b> (pam)	<b>BOOTCAMP</b> (marietta) <b>* BARRE</b> (pam) <b>SPIN</b> (alice)	<b>CYCLE BEATS</b> (marietta/aaryn) <b>STRENGTH TRAINING</b> (pam) <b>THE CUT</b> (ashly)	<b>BOOTCAMP</b> (marietta) <b>SPIN + STRETCH</b> (shannon) <b>LIFT</b> (julia)	<b>HIIT BURNOUT</b> (shannon) <b>SPIN</b> (pam) <b>BARRE FIGHT</b> (julia)	6:00 AM <b>BOOTCAMP</b> (julia) 7:00 AM <b>LIFT</b> (julia)	<b>SPIN</b> (pam)
6:00 AM	<b>EXPRESS SPIN</b> (pam)					8:00 AM <b>* BARRE</b> <b>INTERVALS</b> <b>SPIN</b>	
8:00 AM	<b>EXPRESS SPIN</b> (pam)					9:00 AM <b>BARRE FIGHT</b> <b>BOOTCAMP</b>	
8:15 AM	<b>BOOTCAMP</b> (marietta)	<b>* BARRE</b> (carol)	<b>FAT BLASTER</b> (lyndsy)	<b>RIDE + REPS</b> (holly)	<b>* BARRE</b> (carol)		
8:30 AM	<b>EXPRESS SPIN</b> (pam)	<b>BOOTCAMP</b> (bridgette)	<b>LIFT</b> (bridgette) <b>EXPRESS SPIN</b> (karis)	<b>HIIT THE LEGS</b> (pam)	<b>SPIN</b> (marietta)	2:00 PM <b>BOOTCAMP</b>	
9:15 AM	<b>RIDE + REPS</b> (holly) <b>* BARRE</b> (julia)	<b>LIFT</b> (angeleah)	<b>BOX + FLOW</b> (jennifer c)	<b>TRX</b> (lyndsy)	<b>SHRED</b> (bridgette)	3:00 PM <b>SPIN</b> (aaryn)	<b>* YOGA</b> (jennifer c)
4:00 PM	<b>* EXPRESS FAT BLASTER</b> (lyndsy)		<b>BOOTCAMP</b> (ashly)				
4:30 PM	<b>BOOTCAMP</b> (marietta)	<b>BOX + FLOW</b> (jennifer c)	<b>BARRE FIGHT</b> (hannah)	<b>BOOTCAMP</b> (alyssa)			
5:00 PM	<b>* FAT BLASTER</b> (bridgette)						
5:30 PM	<b>BEGINNER BOOTCAMP</b> (stacy) <b>SPIN</b> (marietta)	<b>BEGINNER BOOTCAMP</b> (stacy) <b>CYCLE BEATS</b> (ashly) <b>* YOGA</b> (jennifer c)	<b>STRENGTH BOOTCAMP</b> (alyssa) <b>BEGINNER BASICS</b> (marliisa) <b>RIDE + REPS</b> (karis)	<b>THE CUT</b> (ashly) <b>EXPRESS SPIN</b> (stacy) <b>BARRE</b> (marliisa)	<b>SPIN</b> (aaryn)		
6:00 PM	<b>LIFT</b> (alyssa)			<b>EXPRESS STRENGTH TRAINING</b> (stacy)			
6:30 PM	<b>SPIN</b> (stacy) <b>BOOTCAMP</b> (geneva)	<b>SPIN</b> (stacy) <b>BOOTCAMP</b> (cayla-marie)	<b>BEGINNER YOGA</b> (marliisa)	<b>BEGINNER BASICS</b> (marliisa)	<b>BOOTCAMP</b> (geneva)		