

CONSTRUCTION SCHEDULE 2018- starts January 29th

S M T W TH F S

	5:30am Cycle	5:15am Insanity	5:30am Cycle	5:30am Cycle	5:15am Insanity	
		6am BodyPump		5:45 Sunrise Yoga	6am BodyPump	
7:15am Cycle						7:15am Treadmill
8am BodyPump	8:30am resist-a-ball	8:30am Yoga All Levels	8:30am Step	8:15am Cycle	8:15am PiYo Strength	8am Cycle
				8:30am Power Yoga		8:15am Bootcamp
				8:30am Tread and Sculpt		
						9:15am Cycle
9am Floor Barre	9:30am Zumba	9:30am Cycle	9:30am Yin Yoga	9:30am BodyPump	9am Cardio Sculpt	9:30am Zumba
		9:35am BodyPump				
10am Yoga					10am Yoga	
	10:30am Floor Barre			10:30am Core de Force		10:30am Vinyasa Flow Yoga
	12pm Cycleates	11:30am Tai Chi Fit	11am PiYo			
	4:30pm Zumba	4:30pm Yoga	4:30pm Zumba			
	5:30pm Cycle	5:30pm Cycle	5pm Cycle	5pm 30min HIIT	5pm Happy Hour Yoga	
	5:30pm Cardio and Sculpt	5:30pm BodyPump	5:30pm Treadmill	5:30pm Barre to Bike		
			5:45pm Barre Express			
	6:30pm BodyPump	6:30pm Zumba		6pm Zumba		
			6:30pm BodyPump			
		7:30pm Floor Barre		7pm Yoga Works		