

GYM CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM - 7:00 AM SWEAT CIRCUIT	6:30 AM - 7:30 AM BURN 500	7:00 AM - 8:00 AM REFORMER PILATES	6:15 AM - 7:00 AM STRONG	7:00 AM - 8:00 AM MAT PILATES		
7:15 AM - 8:15 AM MAT PILATES	8:30 AM - 9:30 AM REFORMER PILATES		8:30 AM - 9:15 AM BURN 500		8:30 AM - 9:30 AM REFORMER PILATES	8:30 AM - 9:30 AM CORE - LGA
10:00 AM - 11:00 AM REFORMER PILATES		10:00 AM - 11:00 AM STRONG	10:30 AM - 11:30 AM REFORMER PILATES	10:00 AM - 11:00 AM REFORMER PILATES	10:00 AM - 11:00 AM SWEAT CIRCUIT	10:00 AM - 11:00 AM REFORMER PILATES
12:00 PM - 13:00 PM STRONG	12:30 PM - 13:15 PM HYBRID	12:00 PM - 12:45 PM CORE - LGA		14:00 PM - 14:45 PM BURN 500	11:30 AM - 12:30 PM YOGA	11:30 PM - 12:30 PM STRONG
17:30 PM - 18:15 PM SWEAT CIRCUIT	18:00 PM - 18:45 PM YOGA	17:30 PM - 18:15 PM SWEAT CIRCUIT	17:00 PM - 18:00 PM MAT PILATES	17:15 PM - 18:00 PM YOGA		
18:30 PM - 19:30 PM REFORMER PILATES	19:15 PM - 20:15 PM REFORMER PILATES	18:30 PM - 19:30 PM REFORMER PILATES	18:00 PM - 18:45 PM HYBRID	18:30 PM - 19:30 PM CORE - LGA		
20:00 PM - 21:00 PM STRONG	20:30 PM - 21:30 PM MAT PILATES	20:00 PM - 21:00 PM YOGA	20:00 PM - 21:00 PM REFORMER PILATES	20:30 PM - 21:30 PM REFORMER PILATES		