

M O N D A Y

06:00 LIFT 60	06:00 POWER HOUR	06:20 RIDE 40	06:40 MANDALA 60	07:00 LIFT 40	07:40 SWEAT 20	09:20 VINYASA HOT 60	09:30 RIDE 40	10:00 POWER HOUR
09:40 LIFT 60	10:20 HOT HIIT PILATES 40	11:00 LEGENDS LIFT 20	12:00 STRETCH & SCULPT	12:20 PILATES 60	12:20 LIFT 40	13:20 BARRE 40	13:30 STRETCH & SCULPT	17:20 LIFT 40
18:00 LIFT 40	18:00 POWER HOUR	18:00 BARRE 60	18:00 RIDE 40	19:00 STRETCH & SCULPT	19:20 WOMENS WEIGHTLIFTING	19:20 HOT VINYASA 60		

T U E S D A Y

06:00 ENGINE 60	07:00 ENGINE 40	07:20 RIDE 40	07:30 POWER HOUR	08:00 BOX 40	09:20 HATHA 60	09:30 POWER HOUR	09:30 RIDE 40	09:40 ENGINE 40
10:20 PILATES 60	10:30 STRETCH & SCULPT	12:20 ASHTANGA 60	12:20 ENGINE 40	12:30 POWER HOUR	17:20 ENGINE 40	17:30 FUNDAMENTALS REFORMER	17:30 POWER YOGA	18:20 ENGINE 60
18:30 STRETCH & SCULPT	18:40 VINYASA 60	18:45 RIDE 40	19:20 ENGINE 40	19:50 SOUND BOWL 60				

W E D N E S D A Y

06:00 LIFT 60	06:00 POWER HOUR	06:20 POWER YOGA HOT 60	06:20 RIDE 40	07:00 LIFT 40	07:40 SWEAT 20	09:20 BARRE 60	09:40 LIFT 60	10:00 STRETCH & SCULPT
10:40 ROCKET 60	11:00 LEGENDS LIFT 20	11:00 POWER HOUR	12:20 SLOW FLOW 40	12:20 LIFT 40	17:00 POWER HOUR	17:40 YOGA FLOW 60	18:00 LIFT 60	18:00 RIDE 40
18:00 STRETCH & SCULPT	18:40 PILATES 40	19:00 LIFT 60	19:40 BARRE 60	20:00 POWER HOUR				

T H U R S D A Y

06:00 ENGINE 60	07:00 ENGINE 40	07:30 POWER HOUR	09:20 FLOW 60	09:30 POWER HOUR	09:40 ENGINE 40	10:30 STRETCH & SCULPT	10:40 BARRE 40	11:20 PILATES 60
12:20 ENGINE 40	12:30 STRETCH & SCULPT	17:20 ENGINE 40	17:40 LATIN DANCE	18:00 FUNDAMENTALS REFORMER	18:00 RIDE 40	18:20 ENGINE 60	18:40 VINYASA 60	19:00 STRETCH & SCULPT
19:00 STRETCH & SCULPT	19:20 ENGINE 40	20:00 POWER HOUR						

F R I D A Y

06:00 LIFT 60	06:00 POWER HOUR	06:20 RIDE 40	07:00 LIFT 40	07:00 VINYASA 60	08:00 BOX 40	09:20 VINYASA HOT 60	09:30 STRETCH & SCULPT	09:30 RIDE 40
09:40 LIFT 60	10:30 POWER HOUR	12:00 STRETCH & SCULPT	12:20 LIFT 40	12:20 VINYASA HOT 60	13:30 POWER HOUR	14:30 POWER HOUR	17:00 YINYANG YOGA 80	17:20 LIFT 40
18:00 RETRO REFORMER	18:20 LIFT 60							

S A T U R D A Y

08:00 META 80	08:00 ROCKET 80	09:20 BARRE 40	10:10 HOT HIIT PILATES 40	10:30 POWER HOUR	10:40 RIDE 40	11:00 ENGINE 40	11:30 STRETCH & SCULPT	11:30 PILATES 60
12:00 STRETCH 40	12:30 VINYASA 80	12:30 STRETCH & SCULPT	13:00 WOMENS WEIGHTLIFTING					

S U N D A Y

08:00 META 80	08:40 FLOW (HOT) 60	09:00 REFORMER RETRO	09:40 MEDITATION 20	10:00 POWER HOUR	10:20 RIDE 40	10:20 PILATES 60	11:00 ENGINE 40	11:00 STRETCH & SCULPT
11:30 PILATES 60	11:20 BOX 40	13:00 WORKSHOP: ASHTANGA 90	16:40 YIN & SOUNDBOWL 80					

REFORMER	FLOW
FUNCTIONAL	RIDE