

SAMPLE CLASS SCHEDULE

*BOOKING IS NOT AVAILABLE UNTIL THE CLUB OPENS

MORNING


MID-DAY


EVENING


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	PILATES 6:00 AM LIFT 6:00 AM FLOW YOGA I 7:15 AM TREAD30 8:30 AM LIFT 9:00 AM PILATES 9:00 AM	BARRE 6:15 AM LIFT 7:00 AM BODYPUMP 7:15 AM FLOW YOGA 9:30 AM LIFT 10:00 AM	FLOW YOGA I 6:00 AM LIFT 6:00 AM PILATES 7:15 AM TREAD30 8:30 AM LIFT 9:00 AM BODYPUMP 9:00 AM	PILATES 6:15 AM LIFT 7:00 AM BODYPUMP 7:15 AM BARRE 9:30 AM LIFT 10:00 AM	BARRE 6:00 AM LIFT 6:00 AM FLOW YOGA II 7:15 AM LIFT 9:00 AM PILATES 9:00 AM	FLOW YOGA 8:00 AM LIFT 8:00 AM PILATES 9:00 AM LIFT 10:00 AM SPECIALTY 10:15 AM	BARRE 8:00 AM LIFT 9:00 AM POWER YOGA 9:00 AM BODYPUMP 10:15 AM LIFT 11:00 AM
MID-DAY	BARRE 12:00 PM LIFT 12:00 PM	TREAD30 11:30 AM FLOW YOGA 12:00 PM	PILATES 12:00 PM LIFT 12:00 PM	TREAD30 11:30 AM GENTLE YOGA 12:00 PM	BODYPUMP 12:00 PM LIFT 12:00 PM	BARRE 11:30 AM FLOW YOGA I 12:30 PM	PILATES 11:30 AM
EVENING	PILATES 5:15 PM LIFT 5:30 PM BODYPUMP 6:15 PM LIFT 6:30 PM POWER YOGA 7:30 PM TREAD30 7:30 PM	BODYPUMP 5:15 PM LIFT 5:30 PM GENTLE YOGA 6:30 PM LIFT 6:30 PM PILATES 7:30 PM	YOGA 5:15 PM LIFT 5:30 PM PILATES 6:30 PM LIFT 6:30 PM BODYPUMP 7:30 PM TREAD30 7:30 PM	BARRE 5:15 PM LIFT 5:30 PM BODYPUMP 6:15 PM LIFT 6:30 PM FLOW YOGA 7:30 PM	PILATES 5:15 PM LIFT 5:30 PM FLOW YOGA 6:15 PM		GENTLE YOGA 5:00 PM