

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:00AM</u>	STRONG 360 w/ Adina	TRX w/Adina *sign up required	STRONG 360 w/ Adina		STRONG 360 w/ Adina	8:30A TRX w/ Jamie *sign up required
<u>9:00AM</u>	LOW IMPACT FUNCTION w/ Adina	COMBAT 360 w/ Daniela	STILL STRONG STRENGTH w/ Adina	20/20/20 w/ Daniela	CORE & CARDIO w/ Adina	9:40A DOWNSAWG YOGA (45 min) w/ Jenna
<u>10:00AM</u>		YOGA w/ Daniela		YOGA w/ Daniela		10:30A TRX w/ Jamie *sign up required
<u>11:00AM</u>						
<u>12:15PM</u>	HIIT 360 (45 min) w/ Dee	HIIT 360 (45 min) w/ Billy	TABATA (45 min) w/ Dee	HIIT 360 (45 min) w/ Billy		
<u>5:15PM</u>	TABATA (45 min) w/ Jamie	ZUMBA w/ Pamela		ZUMBA w/ Pamela		NOTE: TRX has limited space and requires advanced sign up
<u>6:00PM</u>	CYCLE 360 (45 min) w/ Kat	6:15p TRX w/Adina *sign up required	DOWNSAWG YOGA (45 min) w/ Jenna	6:15p POWER CYCLE (45 min) w/ Kat		