


# CLASS SCHEDULE - WINTER EDITION

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

Class Etiquette- Please wear clean indoor gym shoes. Arrive 5 mins early to set up your station. Wipe down and put away your equipment when finished.