



mon.

9 am full body burn 6 pm yoga

tues.

6 am full body burn 9 am cycle 4:30 pm yoga 5:30 pm Zumba 6:15 pm Pilates

wed.

9 am strong

thurs.

6 am full body burn 9 am strength + core 6 pm Zumba

fri.

9 am mat Pilates

sat.

8 am cycle 9 am yoga sculpt

class schedule

