

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THE SLOW BURN			THE SLOW BURN		PLEASE RESERVE *	KICKPUNCH EXPRESS
STRENGTH + CARDIO			STRENGTH + CARDIO		\$25 per person	MARTIAL ARTS +
W/HUGH			W/HUGH		PUMP and RUN	FITNESS DRILLS
10:30AM - 11:00AM			10:30AM - 11:00AM		30 MIN. WEIGHT TRAIN	W/CHRISTINA
					30 MIN. [OUT/IN] RUN	11AM - 11:30AM
					w/CARLOS	
					11:00AM - 12:00PM	
THE SLOW BURN	VINYASA BLAST!	<i>FITNESS</i> <i>en</i> <i>RHYTHM</i>	BELLYDANCE		VINYASA FLOW	
STRENGTH + CARDIO	POWER YOGA	LATIN HEAT	FUNDAMENTALS		Y O G A	
W/HUGH	W/MOLLY	[DANCE + FITNESS]	W/ELEKTRA		W/VERONICA	
6:00PM - 6:30PM	6:30PM-7:30PM	WITH JOEY	6:30PM-7:00PM		12:30PM - 1:30PM	
		6:30PM-7:30PM				
PLEASE RESERVE*		<i>FITNESS</i> <i>en</i> <i>RHYTHM</i>	CARDIO	PLEASE RESERVE *		
\$25 per person	HARDER,	CLUB BEATS	BELLYDANCE	\$25 per person		
DYNAMIC YOGA	BETTER, FASTER!	[DANCE + FITNESS]	WITH ELEKTRA	DYNAMIC YOGA		
>>CHALLENGE<<	SPORTS CONDITIONING	WITH JOEY	7:00PM-7:30PM	>>CHALLENGE<<		
1 HR 15 MINS	W/CARLOS	7:30PM-8:30PM		1 HR 15 MINS		
w/DAVID	7:30PM-8:00PM			w/DAVID		
7:00PM - 8:15PM				7:00PM - 8:15PM		
<i>FINISHES W/MEDITATION</i>				<i>FINISHES W/MEDITATION</i>		



<<mon - thurs: 6am - 11pm / fri: 6am - 9pm / sat & sun: 8AM - 6pm>>

