

# T I M E T A B L E

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM		ABT30 (6AM)			HITT30
6:45AM					R + R
9:00AM	LOW IMPACT		YOGALATES		
10:00AM		YIN YOGA			YIN YOGA
11:00AM					MEDITATION
11:30AM					
12:30PM		ABT30		BODY BLITZ30	
5:30PM				OPEN GROUP PT	
6:00PM	HITT30	BODY BLITZ60	ABT30	OPEN GROUP PT	
6:30PM	R+R		BOX XPRESS	OPEN GROUP PT	

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6:00PM	HITT30	BODY BLITZ60	ABT30	OPEN GROUP PT	
6:30PM	R+R		BOX XPRESS	OPEN GROUP PT	