



WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7:00 TRUSPIN EMMA</p> <p>9:00 CIRCUITS KYLE</p> <p>9:45 SPIN HIIT KYLE</p> <p>10:15 HIIT KYLE</p> <p>17:30 BOOTY& ABS VLAD</p> <p>18:00 TRUSPIN ASHLEY</p> <p>18:30 CIRCUITS VLAD</p> <p>19:45 PILATES LOU</p>	<p>8:30 HIIT KYLE</p> <p>9:15 SHREDDED KYLE</p> <p>10:00 SPIN KYLE</p> <p>13:00 PILATES LOU</p> <p>17:30 TRUSPIN EMMA</p> <p>17:30 BODY BALANCE SHA'L</p> <p>18:30 CIRCUITS & ABS SHAHAN</p>	<p>8:30 STRENGTH & CONDITIONING EMMA</p> <p>9:30 PUMP EMMA</p> <p>10:15 TRUCOMBAT EMMA</p> <p>17:30 HERCULES JOSH</p> <p>18:30 BOOT CAMP JOSH</p>	<p>13:00 PILATES LOU</p> <p>17:30 LEGS, BUMS & TUMS VLAD</p> <p>18:30 CIRCUIT VLAD</p> <p>19:30 YOGA KATIE</p>	<p>6:30 ABS & CIRCUITS EMMA</p> <p>7:00 TRUSPIN EMMA</p> <p>9:30 HIIT LOU</p> <p>10:15 PUMP LOU</p> <p>17:30 KETTLEBELLS SHAHAN</p> <p>18:15 HERCULES JOSH</p> <p>19:15 BODYBLITZ JOSH</p>	<p>9:00 PILATES LOU</p> <p>10:00 BODY BALANCE LOU</p> <p>10:00 SPIN MIKE</p>	<p>11:00 YOGA KATIE</p> <p>18:30 YIN YOGA KATIE</p>