

Monday

AM			
5:30	Body Combat/Pump Challenge	60	Jason
9:20	Body Pump	60	Zaczek
9:45	Spin Cycling	45	Carlson
10:20	Body Attack Express	45	Poffenbarger
Zaczek			
PM			
4:30	Mudder Boot Camp	45	Carlson
5:30	Body Combat	60	Jason
6:00	Spin Cycling TRX Hybrid	60	Cammack
6:35	Body Pump	60	Carli
7:00	P90X Small Group Premium Training	60	Jason

Thursday

AM			
5:15	P90X Small Group Premium Training	60	Gabriel
9:20	Body Combat	60	Acevedo
9:30	P90x Small Group Premium Training	60	Darovic
10:25	Body Pump	60	Darovic
PM			
5:30	Body Pump	60	Eagan
6:35	Spin Cycling	45	Eagan

Tuesday

AM			
5:15	P90X Small Group Premium Training	60	Gabriel
5:30	Spin Cycling	60	Joe
9:20	Body Step Athletic Circuit	60	Lisa G
9:30	P90X Small Group Training	60	Lisa G
10:25	Yoga	60	Brianne
10:35	Mudder Boot Camp	45	Darovic
PM			
5:30	Pump Challenge	60	Zaczek
6:35	Body Atta6ck Express	45	Zaczek
7:25	CXWORX	45	Battista

Friday

AM			
5:30	Spin Cycling	60	Joe
8:30	Body Pump	60	Vogt
9:35	Body Attack	60	Vogt
9:35	CXWORX	30	Kube
PM			
4:30	Pump Challenge	60	Carlson
5:00	P90X Small Group Premium Training	60	Jason

Wednesday

AM			
5:30	EliXir Strength & Conditioning	60	Jason
9:20	Body Pump Express	45	Darovic
9:30	TRX Total Conditioning	45	Lee
10:05	Body Attack	60	Gabriel
PM			
5:30	Circuit Challenge	60	Darovic
6:00	TRX Strength	45	Madorma
6:35	Body Combat	60	Lisa P
7:00	P90X Small Group Premium Training	60	Darovic
7:35	Zumba	60	Julie

Saturday

AM			
7:00	P90X Small Group Premium Training	60	Jason
7:30	Spin Cycling	45	Lisa P
8:00	Body Pump	60	Carli
9:05	Body Combat	60	Jason
9:15	TRX Total Conditioning	45	Carli
10:00	P90X Small Group Premium Training	60	Jason
10:10	FIT Box	60	Wright

Sunday

AM			
8:15	Spin Cycling RPM Format	45	Eagan
9:05	Strength & Conditioning MMA	60	Wright
10:15	Vinyasa Yoga	60	Jenn