

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
CLUB HOURS MON-THURS 5AM-9PM FRI 5AM-7PM SAT 8AM-4PM SUN 1PM-4PM CHILDCARE HOURS MON-SAT 8:30AM-11:30AM MON-THURS 4PM-7:30PM	7:30AM STEP & TONE-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIEFUSION-AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - SS	5:00AM POWER PILATES -KT 8:30AM YOGA&STRETCH-TH 9:05AM SPIN -MB 9:30AM BOOTY BALLET -TH 12:15PM POUND-ST 5:30PM FUNKIEFUSION-KG 6:30PM TONING-TC	8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15 RIPPED-EW 4:30PM YOGA&STRETCH- TH 5:30PM SPIN -MC 5:30PM BOOTYBALLET -TH 6:30RIPPED-EW	5:00AM INTERVALTRAINING-B5 8:30AM FUNKIE/TONE -CL 9:30AM BCXEPOLSION-SP	8:30AM - POWERPILATES-BT 9:30 SPIN- BT
7	8	9	10	11	12
5:00AM POWERPUMP-BT 8:30AM PILATES -KD 9:00AM SPIN -T 9:30AM FUNKIE/TONE - SP 4:30 GORGEOUS GLUTES-AD 5:30PM SPIN MC 5:30PM PLYO&TONE -T 6:30PM METABOLIC-TC	7:30AM FAT BURNER-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - BP	5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTYBALLET -TH 12:15PM POUND-ST 5:30PM PILOXING-NT 6:30PM TONING -TC	8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15 TONING-AL 4:30PM TABATA YOGA- TH 5:30PM SPIN -MB 5:30PM BOOTYBALLET -TH 6:30RIPPED-EW	5:00AM CIRCUIT-BT 8:30AM FUNKIE/TONE -CL 9:30AM BOOTCAMP-STYLE -NT	9:30AM FUNKIE/TONE-TC
14	15	16	17	18	19
5:00AM SPIN -BT 8:30AM PILATES -KD 9:00AM SPIN -T 9:30AM CARDIO/TONE-SP 4:30 PM BARBELLS&GLUTES-AD 5:30PM SPIN -T 5:30PM PLYO&TONE -MC 6:30PM FUNKIEFUSION -TC	7:30AM STEP & TONE-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION -AC 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - BP	5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTY BALLET -TH 12:15PM POUND-ST 5:30PM FUNKIEFUSION-KG 6:30PM TONING-TC	8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15PM RIPPED-EW 4:30PM YOGA&STRETCH-TH 5:30PM SPIN- MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW	5:00AM PLYO&TONE-BT 8:30AM FUNKIE/TONE -CL 9:30AM BCXEPOLSION-SP	9:30AM BOOTCAMP-STYLE-NT
21	22	23	24	25	26
5:00AM RESISTANCE-BT 8:30AM PILATES -CL 9:00AM SPIN-T 9:30AM FUNKIE/TONE-SP 4:30 GORGEOUS GLUTES-AD 5:30PM SPIN -MC 5:30PM PLYO&TONE -T 6:30PM METABOLIC-TC	7:30AM FAT BURNER-C 8:30AM YOGA&STRETCH -TH 9:30AM CARDIO/TONE-SP 12:15PM FUNKIE FUSION -AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - BP	5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES-CL 9:05AM SPIN -MB 9:30AM BOOTYBALLET -TH 12:15PM POUND-ST 5:30PM PILOXING-NT 6:30PM TONING -TC	8:30AM PILATES-CL 9:30AM AQUA -ST 12:15PM TONING-AL 4:30 PM POWERPILATES-ST 5:30PM SPIN -MC 5:30PM TONING-TC 6:30-RIPPED-C	5:00AM INTERVALTRAINING-BT 8:30AM FUNKIE/TONE -CL 9:30AM BCXEPOLSION -SP	9:30AM ZUMBA-BP
28	29	30	31		
5:00AM POWERPUMP-BT 8:30AM PILATES -KD 9:00AM SPIN -T 9:30AM CARDIO/TONE - SP 4:30 PM BARBELLS& GLUTES-AD 5:30PM SPIN -T 5:30PM PLYO&TONE -MC 6:30PM FUNKIEFUSION -TC	7:30AM STEP & TONE-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION -AC 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - BP	5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTY BALLET -TH 12:15PM POUND-ST 5:30PM FUNKIEFUSION-KG 6:30PM TONING-TC	8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15PM RIPPED-EW 4:30PM YOGA&STRETCH-TH 5:30PM SPIN- MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW	<h1>PHYSIQUES</h1> <p><i>Inspire Yourself</i></p> <p>AUGUST 2017</p>	