

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
5:00AM SPIN -BT 8:30AM PILATES -KD 9:00AM SPIN -T 9:30AM CARDIO/TONE-SP 4:30 PM GORGEOUS GLUTES-AD 5:30PM SPIN -MC 5:30PM PLYO&TONE -T 6:30PM METABOLIC-TC	7:30AM BODYSCULPT-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION -AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 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 STPEP INT -KT 12:15PM TONING-AL 4:30PM TABATA YOGA-TH 5:30PM SPIN- MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW	5:00AM INTERVALTRAINING-BT 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION-CG	8:30AM POWERPILATES-BT
9	10	11	12	13	14
5:00AM RESISTANCE-BT 8:30AM PILATES -KD 9:00AM SPIN-T 9:30AM TONING-AD 4:30 BARBELLS&GLUTES-AD 5:30PM SPIN -T 5:30PM PLYO&TONE - MC 6:30PM FUNKIEFUSION -TC	7:30AM HOOPERSIZE-C 8:30AM YOGA&STRETCH -TH 9:30AM RIPPED- CG 12:15PM FUNKIE FUSION -AC 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 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 FUNKIE FUSION-TC 6:30PM TONING -TC	8:30AM TABATA YOGA-TH 9:30AM P90X -KT 12:15 RIPPED-EW 4:30PM YOGA&STRETCH- TH 5:30PM SPIN -MC 5:30PM BOOTYBALLET -TH 6:30RIPPED-EW	5:00AM CIRCUIT-BT 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION -SP	9:30AM -RIPPED-CG 9:30AM- TABATA SPIN-MB
16	17	18	19	20	21
5:00AM POWERPUMP-BT 8:30AM PILATES -KD 9:00AM SPIN -T 9:30AM CARDIO/TONE - SP 4:30 PM GORGEOUSGLUTES-AD 5:30PM SPIN -MC 5:30PM PLYO&TONE -T 6:30PM METABOLIC-TC	7:30AM CIRCIUT TRAINING-C 8:30AM YOGA&STRETCH-TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION -AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 6:30PM ZUMBA - BP	5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTYBALLET -TH 12:15PM RIPPED-CG 5:30PM PILOXING-NT 6:30PM TONING-S	8:30AM TABATA YOGA-TH 9:30AM STEP INT -KT 12:15PM TONING-AL 4:30PM TABATA YOGA-TH 5:30PM SPIN- MB 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW	5:00AM PLYO&TONE-BT 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION-SP	9:30AM-FUNKIETONE-TC
23	24	25	26	27	28
5:00AM SPIN -BT 8:30AM PILATES -KD 9:00AM SPIN -T 9:30AM FUNKIE/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 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 FUNKIE FUISON-KG 6:30PM TONING -TC	8:30AM TABATA YOGA-TH 9:30AM P90X -KT 12:15PM RIPPED-EW 4:30 PM YOGA&STRETCH-TH 5:30PM SPIN -MC 5:30PM BOOTYBALLET-TH 6:30-RIPPED-EW	5:00AM INTERVALTRAINING-BT 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION -SP	9:30AM ZUMBA-BP
30	31	<p style="text-align: center;">PHYSIQUES <i>Inspire Yourself</i></p> <p style="text-align: center;">OCTOBER 2017</p>			
5:00AM RESISTANCE-BT 8:30AM PILATES -KD 9:00AM SPIN-T 9:30AM CARDIO/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 HALLOWEEN NO EVENING CLASSES				

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