

STUDIO A			
SUNDAY	STARTS	ENDS	LEVEL
BARRE	1:15PM	1:45PM	BEGINNER
BODYCOMBAT	2:00PM	2:30PM	INTERMEDIATE
BODYPUMP	3:00PM	4:00PM	INTERMEDIATE
RPM	4:15PM	4:45PM	BEGINNER
MONDAY	STARTS	ENDS	LEVEL
BODYPUMP	5:20AM	5:50AM	BEGINNER
CXWORX	7:05AM	7:35AM	INTERMEDIATE
SH'BAM	7:45AM	8:15AM	BEGINNER
BODYPUMP	8:25AM	9:10AM	INTERMEDIATE
BARRE	9:15AM	9:45AM	BEGINNER
SH'BAM	9:50AM	10:20AM	BEGINNER
CXWORX	10:30AM	11:00AM	INTERMEDIATE
BODYCOMBAT	11:00AM	11:30AM	INTERMEDIATE
BODYPUMP	12:00PM	12:30PM	BEGINNER
GRIT Plyometrics	12:35PM	1:05PM	ADVANCED
CXWORX	1:10PM	1:40PM	INTERMEDIATE
GRIT Cardio	2:00PM	2:30PM	ADVANCED
BODYPUMP	3:00PM	3:45PM	INTERMEDIATE
GRIT Strength	4:00PM	4:30PM	ADVANCED
BODYPUMP	5:15PM	5:45PM	BEGINNER
TUESDAY	STARTS	ENDS	LEVEL
BODYCOMBAT	5:15AM	5:45AM	INTERMEDIATE
CXWORX	5:50AM	6:20AM	INTERMEDIATE
BODYFLOW Flexibility	7:05AM	7:35AM	BEGINNER
BODYPUMP	7:45AM	8:15AM	BEGINNER
SPRINT	8:25AM	8:55AM	ADVANCED
CXWORX	9:00AM	9:30AM	BEGINNER
RPM	10:05AM	10:35AM	BEGINNER
GRIT Strength	11:00AM	11:30AM	ADVANCED
SPRINT	12:00PM	12:30PM	ADVANCED
CXWORX	12:35PM	1:05PM	INTERMEDIATE
BODYPUMP	1:10PM	1:40PM	BEGINNER
BARRE	2:00PM	2:30PM	BEGINNER
SH'BAM	3:00PM	3:30PM	BEGINNER
BODYCOMBAT	4:00PM	4:30PM	INTERMEDIATE
SH'BAM	6:25PM	7:10PM	INTERMEDIATE
CXWORX	7:20PM	7:50PM	INTERMEDIATE
BODYPUMP	8:00PM	8:30PM	BEGINNER
WEDNESDAY	STARTS	ENDS	LEVEL
BODYPUMP	5:20AM	5:50AM	ADVANCED
SH'BAM	7:10AM	7:40AM	BEGINNER
BARRE	7:45AM	8:15AM	BEGINNER
BODYPUMP	8:25AM	9:10AM	INTERMEDIATE
GRIT Cardio	9:20AM	9:50AM	ADVANCED
SPRINT	10:00AM	10:30AM	ADVANCED
CXWORX	10:30AM	11:00AM	INTERMEDIATE
BODYCOMBAT	11:00AM	11:30AM	INTERMEDIATE
GRIT Cardio	12:15PM	12:45PM	ADVANCED
CXWORX	1:10PM	1:40PM	INTERMEDIATE
GRIT Strength	2:00PM	2:30PM	ADVANCED
BODYPUMP	3:00PM	3:45PM	INTERMEDIATE
GRIT Cardio	4:00PM	4:30PM	ADVANCED
BODYPUMP	4:35PM	5:05PM	BEGINNER
RPM	5:10PM	5:40PM	BEGINNER
BODYCOMBAT	7:40PM	8:40PM	INTERMEDIATE
THURSDAY	STARTS	ENDS	LEVEL
BODYCOMBAT	5:15AM	5:45AM	INTERMEDIATE
CXWORX	5:50AM	6:20AM	INTERMEDIATE
BODYFLOW Flexibility	7:05AM	7:35AM	BEGINNER
BODYPUMP	7:45AM	8:15AM	BEGINNER
SPRINT	8:25AM	8:55AM	ADVANCED
CXWORX	9:00AM	9:30AM	BEGINNER
RPM	10:05AM	10:35AM	BEGINNER
GRIT Plyometrics	11:00AM	11:30AM	ADVANCED
SPRINT	12:00PM	12:30PM	ADVANCED
CXWORX	12:35PM	1:05PM	INTERMEDIATE
BODYPUMP	1:10PM	1:40PM	BEGINNER
BARRE	2:00PM	2:30PM	INTERMEDIATE
SH'BAM	3:00PM	3:30PM	BEGINNER
BODYCOMBAT	4:00PM	4:30PM	INTERMEDIATE
SH'BAM	6:25PM	7:10PM	INTERMEDIATE
FRIDAY	STARTS	ENDS	LEVEL
BODYPUMP	5:20AM	5:50AM	BEGINNER
CXWORX	7:05AM	7:35AM	INTERMEDIATE
BARRE	7:45AM	8:15AM	BEGINNER
BODYPUMP	8:25AM	9:10AM	INTERMEDIATE
GRIT Cardio	9:20AM	9:50AM	ADVANCED
SPRINT	10:00AM	10:30AM	BEGINNER
CXWORX	10:30AM	11:00am	INTERMEDIATE
SH'BAM	11:30AM	12:00PM	BEGINNER
BODYPUMP	12:00PM	12:30PM	BEGINNER
GRIT Plyometrics	12:35PM	1:05PM	ADVANCED
CXWORX	1:10PM	1:40PM	INTERMEDIATE
GRIT Plyometrics	2:00PM	2:30PM	ADVANCED
BODYPUMP	3:00PM	3:45PM	INTERMEDIATE
GRIT Strength	4:00PM	4:30PM	ADVANCED
BODYPUMP	5:15PM	5:45PM	BEGINNER
RPM	6:00PM	6:50PM	ADVANCED
GRIT Plyometrics	7:00PM	7:30PM	ADVANCED
BODYCOMBAT	7:40PM	8:40PM	ADVANCED
SATURDAY	STARTS	ENDS	LEVEL
SH'BAM	6:45AM	7:30AM	INTERMEDIATE
BODYPUMP	10:05AM	11:05AM	ADVANCED
BARRE	11:10AM	11:40AM	BEGINNER
SPRINT	12:00PM	12:30PM	ADVANCED
CXWORX	12:35PM	1:05PM	INTERMEDIATE
BODYCOMBAT	1:10PM	2:10PM	ADVANCED
BODYPUMP	2:15PM	3:00PM	INTERMEDIATE
GRIT Plyometrics	3:10PM	3:40PM	ADVANCED
GRIT Strength	4:00PM	4:30PM	ADVANCED

STUDIO B			
SUNDAY	STARTS	ENDS	LEVEL
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BODYFLOW Strength	2:00PM	2:30PM	BEGINNER
SH'BAM	2:45PM	3:30PM	BEGINNER
BODYFLOW Flexibility	3:40PM	4:10PM	INTERMEDIATE
MONDAY	STARTS	ENDS	LEVEL
BODYFLOW Strength	5:20AM	5:50AM	BEGINNER
CXWORX	7:25AM	7:55AM	INTERMEDIATE
BODYFLOW	8:00AM	9:00AM	ADVANCED
BARRE	10:30AM	11:00AM	BEGINNER
BODYFLOW	3:00PM	3:30PM	BEGINNER
BODYCOMBAT	3:45PM	4:45PM	ADVANCED
BARRE	4:50PM	5:20PM	INTERMEDIATE
CXWORX	7:45PM	8:15PM	INTERMEDIATE
TUESDAY	STARTS	ENDS	LEVEL
GRIT Plyometrics	6:20AM	6:50AM	ADVANCED
BODYFLOW Strength	6:55AM	7:25AM	BEGINNER
BARRE	7:30AM	8:00AM	BEGINNER
CXWORX	8:05AM	8:35AM	INTERMEDIATE
BODYCOMBAT	8:40AM	9:10AM	INTERMEDIATE
BARRE	10:45AM	11:15AM	BEGINNER
BODYCOMBAT	11:45AM	12:15PM	INTERMEDIATE
CXWORX	12:20PM	12:50PM	INTERMEDIATE
GRIT Plyometrics	1:00PM	1:30PM	ADVANCED
SH'BAM	2:00PM	2:45PM	INTERMEDIATE
BODYCOMBAT	3:00PM	4:00PM	ADVANCED
BODYFLOW	4:05PM	4:35PM	BEGINNER
BODYCOMBAT	4:50PM	5:20PM	INTERMEDIATE
CXWORX	6:30PM	7:00PM	INTERMEDIATE
GRIT Cardio	7:00PM	7:30PM	ADVANCED
BODYFLOW Flexibility	7:45PM	8:15PM	BEGINNER
WEDNESDAY	STARTS	ENDS	LEVEL
BODYFLOW Strength	5:20AM	5:50AM	BEGINNER
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BODYCOMBAT	3:45PM	4:45PM	ADVANCED
BARRE	4:50PM	5:20PM	INTERMEDIATE
BODYCOMBAT	6:45PM	7:15PM	INTERMEDIATE
CXWORX	7:50PM	8:20PM	ADVANCED
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BODYCOMBAT	11:45AM	12:15PM	INTERMEDIATE
CXWORX	12:20PM	12:50PM	INTERMEDIATE
GRIT Cardio	3:10PM	3:40PM	ADVANCED
BODYCOMBAT	4:50PM	5:20PM	INTERMEDIATE
BARRE	6:30PM	7:00PM	BEGINNER
BODYFLOW Strength	8:00PM	8:30PM	BEGINNER
FRIDAY	STARTS	ENDS	LEVEL
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GRIT Plyometrics	7:40AM	8:10AM	ADVANCED
CXWORX	8:30AM	9:00AM	INTERMEDIATE
BODYCOMBAT	9:15AM	9:45AM	INTERMEDIATE
GRIT Cardio	9:50AM	10:20AM	ADVANCED
CXWORX	10:30AM	11:00AM	INTERMEDIATE
BARRE	11:45AM	12:15PM	BEGINNER
SH'BAM	1:00PM	1:30PM	BEGINNER
BODYCOMBAT	2:00PM	2:30PM	INTERMEDIATE
BODYFLOW	3:00PM	3:30PM	BEGINNER
BODYCOMBAT	3:45PM	4:45PM	ADVANCED
BARRE	4:50PM	5:20PM	BEGINNER
SH'BAM	6:45PM	7:30PM	INTERMEDIATE
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SATURDAY	STARTS	ENDS	LEVEL
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GRIT Strength	7:00AM	7:30AM	ADVANCED
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BODYCOMBAT	10:10AM	10:40AM	INTERMEDIATE
SH'BAM	10:50AM	11:35AM	INTERMEDIATE
GRIT Cardio	11:45AM	12:15PM	ADVANCED
CXWORX	12:20PM	12:50PM	INTERMEDIATE
SH'BAM	1:00PM	1:45PM	INTERMEDIATE
BODYCOMBAT	2:10PM	2:40PM	INTERMEDIATE
BODYFLOW	2:50PM	3:50PM	ADVANCED
BARRE	4:00PM	4:30PM	BEGINNER

SCHEDULE THROUGH
2.1.2019