

STUDIO A

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

STUDIO B

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