

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