

CLASS SCHEDULE

JANUARY 2019

MONDAY

5:00 AM
SPIN 45
8:15 AM
HIIT
9:00 AM
SPIN 60
10:45 AM
YOGA
12:00 PM
BODY PUMP
4:30 PM
BEGINNER SPIN
5:30 PM
THUNDER
SPIN 30
6:00 PM
SPIN 60
BODY PUMP
6:30 PM
MOBILITY & MOVEMENT

TUESDAY

5:00 AM
BODY PUMP 45
6:00 AM
HILLTOP CHALLENGE
8:15 AM
HIIT
8:45 AM
SPIN 45
9:45 AM
BODY PUMP
10:45 AM
YOGA
5:30 PM
SPIN 60
BUTTS & GUTS
6:00 PM
P90X LIVE!
HOT YOGA

WEDNESDAY

5:00 AM
SPIN 45
8:15 AM
HIIT
9:00 AM
THUNDER
9:45 AM
MOBILITY & MOVEMENT
12:00 PM
SPIN 45
4:30 PM
BEGINNER SPIN
5:30 PM
THUNDER
6:00 PM
SPIN 60
BODY PUMP

THURSDAY

5:00 AM
BODY PUMP 45
6:00 AM
HILLTOP CHALLENGE
8:30 AM
SPIN 60
9:45 AM
BODY PUMP
5:30 PM
SPIN 60
BUTTS & GUTS
6:00 PM
YOGA FLOW
WAR! KICKBOXING

FRIDAY

8:30 AM
SPIN 60
9:30 AM
BODY PUMP
10:45 AM
YOGA
7:00 PM
DANCE LEVEL 1

SATURDAY

8:15 AM
SPIN 60
9:30 AM
BODY PUMP
10:45 AM
MOBILITY & MOVEMENT
11:15 AM
DANCE LEVEL 1

SUNDAY

**MAKE 2019 YOUR
BEST YEAR YET!**