

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

*Schedule subject to change, please check daily within your account. We kindly ask that you sign up in advance so our trainers can adequately prepare. Classes may be cancelled if empty 1 hour prior to start time.*

**7:00 AM**TRX & Cardio  
50 minutesIndoor Cycling  
50 minutesIndoor Cycling  
50 minutesTotal Body Training  
50 minutes**8:00 AM**Total Body Training  
50 minutesIndoor Cycling  
50 minutesIndoor Cycling  
50 minutesFull Body Circuits  
50 minutesIndoor Cycling  
50 minutes**9:00 AM**Navigating the Gym  
30 minutesFull Body Circuits  
50 minutesTotal Body Training  
50 minutesNavigating the Gym  
30 minutesAb Attack  
50 minutes**10:00 AM**Navigating the Gym  
30 minutes**5:30 PM**Full Body Circuits  
50 minutesFull Body Circuits  
50 minutes**6:00 PM**Total Body Training  
50 minutes**SCAN & LOGIN  
TO REGISTER**