

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>O: Outdoors (Garage Studio) V: Virtual Option Available</p>	<p>ORANGE: Small Group Training *Additional Fee "WRW": Weight Room Workout (Strength Series) BLUE: Special Event</p>		<p>Please register for classes and small group training ahead of time via the frontdesk, our website or using the free Mindbody App</p>			<p>1 7:30 Spin (V) 8:30 Barre (V)</p>
<p>2 9am Spin/Sculpt</p>	<p>3 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>4 8:30 WRW* 9:30 Barre Fusion (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 6:30 Nutrition Wellness Program*</p>	<p>5 5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>6 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)</p>	<p>7 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*</p>	<p>8 7:30 Spin (V) 8:30 Barre (V)</p>
<p>9 9am Spin/Sculpt</p>	<p>10 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>11 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Pilates Apparatus*</p>	<p>12 5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>13 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)</p>	<p>14 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*</p>	<p>15 7:30 Spin (V) 8:30 Barre (V)</p>
<p>16 9am Spin/Sculpt</p>	<p>17 5:45 Fitcamp cxd 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>18 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Pilates Apparatus*</p>	<p>19 5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>20 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)</p>	<p>21 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*</p>	<p>22 7:30 Spin (V) 8:30 Barre (V)</p>
<p>23 9am Spin/Sculpt</p>	<p>24 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (V) 10:30 Pilates Apparatus* 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV)</p>	<p>25 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Pilates Apparatus*</p>	<p>26 5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)</p>	<p>27 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)</p>	<p>28 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*</p>	