

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 Spin/Sculpt(V)	2 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)	3 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch 5:30 Pilates Apparatus* 6:30 Nutrition Wellness Program*	4 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)	5 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)	6 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*	7 7:30 Spin (V) 8:30 Barre (V)
8 9:00 Spin/Sculpt(V)	9 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)	10 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch 5:30 Pilates Apparatus*	11 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)	12 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)	13 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*	14 7:30 Spin (V) 8:30 Barre (V)
15 9:00 Spin/Sculpt(V)	16 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)	17 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch 5:30 Pilates Apparatus*	18 5:45 Fitcamp (V) 9:30 Circuit Training (V) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* <i>Evening classes canceled for 6pm Candy Cane Olympics</i>	19 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(V) 5:30 Barre Fusion (V)	20 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*	21 7:30 Spin (V) 8:30 Barre (V)
22 9:00 Spin/Sculpt(V)	23 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)	24 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* Closing Early	25 Studio Closed	26 Studio Closed	27 5:45 Fitcamp 9:30 Total Conditioning(V) 11:00 Pilates Apparatus*	28 7:30 Spin (V) 8:30 Barre (V)
29 9:00 Spin/Sculpt(V)	30 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)	31 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* Closing Early	<i>Please register for classes and small group training ahead of time via the frontdesk, our website or using the free Mindbody App</i>	O: Outdoors (Garage Studio) V: Virtual Option Available	ORANGE: Small Group Training *Additional Fee "WRW": Weight Room Workout (Strength Series) BLUE: Special Event	