

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	<b>BOXFIT</b> MAIN STUDIO	<b>TOTAL BODY</b> GYM FLOOR	<b>CIRCUIT</b> GYM FLOOR	<b>HYROX</b> GYM FLOOR	<b>RIDE &amp; LIFT</b> GYM FLOOR		
9:00 AM						<b>GPT</b> GYM FLOOR	
9:30 AM							
9:45 AM	<b>BOXFIT</b> MAIN STUDIO	<b>HYROX</b> GYM FLOOR	<b>SPIN</b> MAIN STUDIO	<b>HYROX</b> GYM FLOOR	<b>TOTAL BODY</b> GYM FLOOR	<b>LIFT</b> MAIN STUDIO	<b>CIRCUIT</b> GYM FLOOR
5:30 PM		<b>WOMEN'S ONLY GPT</b> PRIVATE STUDIO		<b>WOMEN'S ONLY GPT</b> PRIVATE STUDIO			
6:00 PM	<b>BOXFIT</b> MAIN STUDIO		<b>(6.15PM) LIFT</b> GYM FLOOR		<b>CIRCUIT</b> GYM FLOOR		
6:30 PM	<b>GPT</b> PRIVATE STUDIO	<b>WOMEN'S ONLY GPT</b> PRIVATE STUDIO  <b>CORE CONDITIONING</b> GYM FLOOR	<b>GPT</b> PRIVATE STUDIO	<b>WOMEN'S ONLY GPT</b> PRIVATE STUDIO  <b>CORE CONDITIONING</b> GYM FLOOR			
7:00 PM	<b>CIRCUIT</b> GYM FLOOR  <b>PILATES</b> MAIN STUDIO	<b>CIRCUIT</b> GYM FLOOR  <b>YOGA</b> MAIN STUDIO	<b>CIRCUIT</b> GYM FLOOR  <b>PILATES</b> MAIN STUDIO	<b>CIRCUIT</b> GYM FLOOR			