

Active fitness

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM	Metcon (45min)	Burn (45min)	Metcon (45min)	Burn (45min)	Metcon (45min)		
5:45 AM		BodyPump (60min)		BodyPump (60min)	Spin (45min)		
7:15 AM						BodyPump (60min)	
7:30 AM						Metcon (45min)	
8:15 AM						Spin (45min)	Burn (45min)
9:00 AM	Express Spin (30min)	Circuit (30min)	Express Spin (30min)	Circuit (30min)		Circuit (30min)	
9:30 AM		Spin (45min)	Strength (60min)		Zumba (60min)	Zumba (60min)	
			Zumba (60min)		HIIT (60min)		
9:45 AM	Tabata (30min)		Tabata (30min)				
6:00 PM	Burn (45min)	Gloves Up (30min)	Metcon (45min)	Gloves Up (30min)			
6:30 PM		Zumba (60min)		BodyPump (60min)			
		Spin (45min)					

XT fitness

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 AM	XT Athlete (30min)	XT (30min)	XT Athlete (30min)	XT (30min)	XT Athlete (30min)		
9:45 AM		XT (30min)		XT (30min)		XT (30min)	XT Athlete (30min)
5:15 PM	XT (30min)	XT Athlete (30min)	XT (30min)	XT (30min)	XT Athlete (30min)		
7:00 PM	XT Athlete (30min)	XT (30min)	XT Athlete (30min)	XT (30min)			

Wellness fitness

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45 AM	Pilates (60min)						
7:30 AM	PrYme Strength (60min)	PrYme Circuit (60min)	PrYme Strength (60min)	PrYme Circuit (60min)	PrYme Strength (60min)		
8:15 AM							Yoga (60min)
8:30 AM	Stretch & Relax (60min)	PrYme Fitness (60min)	Zumba Gold (60min)	PrYme Fitness (60min)	Gentle Pilates (60min)		
	Heart Class (60min)				Heart Class (60min)		
	Zumba Gold (60min)						
9:30 AM	Pilates (60min)	PrYme Fitness (60min)		PrYme Fitness (60min)			
10:30 AM	Pilates (60min)	Yoga (60min)	Yogalates (60min)	Pilates (60min)	Yoga (60min)	Yoga (60min)	Stretch & Relax (30min)
10:45 AM	Heart Class (60min)		Heart Class (60min)				
11:45 AM	Parkincise (60min)				Parkincise (60min)		
6:30 PM	Yoga (60min)		Yoga (60min)				

Teen Gym

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 AM	Teen Gym (5:30am-10:30am)	Teen Gym (5:30am-10:30am)	Teen Gym (5:30am-10:30am)	Teen Gym (5:30am-10:30am)	Teen Gym (5:30am-10:30am)		
10:30 AM							
3:00 pM	Teen Gym (3:00pm-5:00pm)	Teen Gym (3:00pm-5:00pm)	Teen Gym (3:00pm-5:00pm)	Teen Gym (3:00pm-5:00pm)	Teen Gym (3:00pm-5:00pm)		
5:00 PM							