



Class Schedule

Gym Hours Mon-Thurs: 5a-9p Friday: 5a-8p Sat-Sun: 8a-4p

First 2 free! \$40 per month extra with membership for "\$" classes OR 10 classes for \$180

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ 5:30am H.I.I.T. SWEAT Session Deveri		\$ 5:30am H.I.I.T. SWEAT Session Deveri		\$ 5:30am H.I.I.T. SWEAT Session Deveri		
6:30AM Core Pilates Andrea	\$ 6:30am H.I.I.T. SWEAT Session Joe L.	6:30am Core Pilates Andrea	\$ 6:30am H.I.I.T. SWEAT Session Joe L.			
\$ 8:30 AM H.I.I.T. Joe L.	\$ 8:30 AM H.I.I.T. Glenn	\$ 8:30 AM H.I.I.T. Joe L.	\$ 8:30 AM H.I.I.T. Glenn	\$ 8:30 AM H.I.I.T. Joe L.	\$ 8:30am H.I.I.T. Sarah A.	
	9:30am Pilates Mat Andrea		9:30am Pilates Mat Andrea			
\$ 12-12:30 Quick HIIT Joe	\$ 12-1:00 Boxing David	\$ 12-12:30 Quick HIIT Joe	\$ 12-1:00 Boxing David	\$ 12-12:30 Quick HIIT Joe		*Fitness OnDemand
5:15 PM Vinyasa Flow Yoga Sherri	\$ 4:30 p H.I.I.T. Glenn	5:15 PM Vinyasa Flow Yoga Sherri	\$ 4:30 p H.I.I.T. Glenn			available daily with open studio
\$ 6:30p SWEAT HIIT Sarah A.	5:30pm Jillian Michaels Bodyshred Deveri (30)	\$ 6:30p SWEAT HIIT Sarah A.	5:30pm Jillian Michaels Bodyshred Deveri (30)			