

Studio One

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6am	Body Step	Body Pump	Body Step	Body Pump		8:30am	Body Pump	
9:30am	Body Pump		Body Pump			9:30am	Body Combat	
12:10pm (45 min)>	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance			
1pm			Stretch n' Roll					
5:30pm	Body Pump	HIIT	Body Pump	HIIT / Body Combat				
6:00pm								
6:30pm	Body Balance		Body Combat					

Studio Two

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am					RPM		
9:30am							RPM
1pm		RPM		RPM			
6pm		RPM					
6pm		RPM					