

Monday

Tuesday

Wednesday

Thursday

Saturday



		6:30am Tighten & Tone				6:30am Tighten & Tone			
8:30am Morning Rise				8:30am Morning Rise				11:00am Essential Fit & Tone	
2:00pm Essential Fit & Tone		2:00pm Essential Fit & Tone		2:00pm Essential Fit & Tone		2:00pm Essential Fit & Tone			
		5:30pm Men/Women Fit & Tone				5:30pm Men/Women Fit & Tone			
6:15pm Essential Men/Women Fit & Tone		6:30pm Sunset Calm Mind Yoga		6:15pm Essential Men/Women Fit & Tone					