

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am						
<b>GRIT SERIES</b> Start 6:00am End:6:30am <i>sprint</i> Start 6:00am End 6:45am <b>HPA</b> Start 6:00am End 6:30am	BOXING Start 6:00am End 6:45am <i>sprint</i> Start 6:00am End 6:30am	<b>GRIT SERIES</b> Start 6:00am End 6:30am <b>RPM</b> Start 6:00am End 6:45am <b>HPA</b> Start 6:00am End 6:30am	BOXING Start 6:00am End 7:00am <i>sprint</i> Start 6:00am End 6:30am	<b>GRIT SERIES</b> Start 6:00am End 6:30am <b>RPM</b> Start 6:00am End 6:45am <b>HPA</b> Start 6:00am End 6:30am		
6:30am AND 6:45am						
<b>BODYPUMP</b> Start 6:30am End 7:15am	<b>CXWORX</b> Start 6:45am End 7:15am	<b>BODYPUMP</b> Start 6:30am End 7:15am		<b>BODYPUMP</b> Start 6:30am End 7:15am		
8:00am						
					<b>BODYCOMBAT</b> Start 8:00am End 9:00am	<b>GRIT SERIES</b> Start 8:00am End 9:00am
9:00am						
					<b>CXWORX</b> Start 9:00am End 9:30am	<b>BODYPUMP</b> Start 9:00am End 10:00am <i>sprint</i> Start 9:00am End 9:30am
9:30am AND 10:00am AND 10:15am						
<b>barre</b> Start 9:30am End 10:00am  <b>CXWORX</b> Start 10:00am End 10:30am	<b>BODYCOMBAT</b> Start 9:30am End 10:30am	<b>BODYBALANCE</b> Start 9:30am End 10:30am	<b>BODYPUMP</b> Start 9:30am End 10:30am	<b>BODYSTEP</b> Start 9:30am End 10:15am  <b>CXWORX</b> Start 10:15am End 10:45am	<b>BODYSTEP</b> Start 9:30am End 10:30am	<b>barre</b> Start 10:00am End 10:30am
10:45am AND 11:00am						
	<b>Fit for Life</b> Start 11:00am End 11:45pm		<b>Fit for Life</b> Start 11:00am End 11:45pm	<b>BODYBALANCE</b> Start 10:45am End 11:45am		
12:10pm AND 12:45pm						
<b>BODYPUMP</b> Start 12:10pm End 12:55pm <i>sprint</i> Start 12:10pm End 12:40pm	<b>GRIT SERIES</b> Start 12:10pm End 12:40pm  <b>BODYBALANCE</b> Start 12:45pm End 1:30pm	<b>GRIT SERIES</b> Start 12:10pm End 12:40pm <b>RPM</b> Start 12:10pm End 1:00pm <b>CXWORX</b> Start 12:45pm End 1:15pm	<b>GRIT SERIES</b> Start 12:10pm End 12:40pm  <b>BODYBALANCE</b> Start 12:45pm End 1:30pm	<b>GRIT SERIES</b> Start 12:10pm End 12:40pm		
4:30pm						
<b>BODYSTEP</b> Start 4:30pm End 5:30pm	<b>BODYPUMP</b> Start 4:30pm End 5:15pm	<b>BODYCOMBAT</b> Start 4:30pm End 5:30pm	<b>BODYATTACH</b> Start 4:30pm End 5:15pm	<b>BODYPUMP</b> Start 4:30pm End 5:30pm		
5:15pm AND 5:30pm AND 5:45pm AND 6:00pm						
<b>BODYCOMBAT</b> Start 5:30pm End 6:30pm <b>RPM</b> Start 5:30pm End 6:15pm <b>HPA</b> Start 5:45pm End 6:15pm	<b>BODYATTACH</b> Start 5:15pm End 6:00pm <b>barre</b> Start 6:00pm End 6:30pm <b>HPA</b> Start 5:45pm End 6:15pm	<b>BODYJAM</b> Start 5:30pm End 6:30pm <i>sprint</i> Start 5:30pm End 6:00pm <b>HPA</b> Start 5:45pm End 6:15pm	<b>BODYPUMP</b> Start 5:15pm End 6:00pm  <b>CXWORX</b> Start 6:00pm End 6:30pm	<i>sprint</i> Start 5:30pm End 6:00pm  BOXING Start 5:30pm End 6:30pm		<b>BODYBALANCE</b> Start 5:00pm End 6:00pm
6:30pm and 7:30pm						



<p><b>BODYPUMP</b>  Start 6:30pm  End 7:30pm  <b>GRIT SERIES</b>  Start 7:30pm  End 8:00pm</p>	<p><b>BODYBALANCE</b>  Start: 6:30pm  End: 7:30pm  <i>sprint</i>  Start 6:30pm  End 7:00pm</p>	<p><b>BODYPUMP</b>  Start 6:30pm  End 7:30pm  <b>GRIT SERIES</b>  Start 7:30pm  End 8:00pm</p>	<p><b>BODYBALANCE</b>  Start 6:30pm  End 7:30p</p>			
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