

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM Cardio Kickbox / Core		9:15 AM Strength Interval / Step	9:15 AM Mat Pilates	9:15 AM Functional Training / HIIT		<b>MONTHLY WORKSHOPS</b>
		10:30 AM Basic Strength Training Circuit & Rehab		10:30 AM Basic Strength Training Circuit & Rehab	10:30 AM ZUMBA	
					11:30 AM TRX Intensity (30 minutes)	
	5:45 PM Strength Interval / Step	6:15 PM Cardio Kickbox & Core	5:45 PM Functional Training / HIIT			
	7 PM Mat Pilates	7:15 PM YOGA Restorative Vinni				