

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings	Big HIIT (30m) 7:15, 7:45 and 8:15 a.m. *Flexible	Barre (45m) 7:30 a.m.	Big HIIT (30m) 7:15, 7:45 and 8:15 a.m. *Flexible	JOGA (45m) 7:30 a.m.	Big HIIT (30m) 7:15, 7:45 and 8:15 a.m. *Flexible	JOGA (45m) 8:15 a.m.	
	JOGA (45m) 7:30 a.m.	JOGA (45m) 8:30 a.m.		Barre (45m) 8:30 a.m.	Barre (45m) 7:30 a.m.		
	Barre (45m) 8:30 a.m.				JOGA (45m) 8:30 a.m.	Big HIIT (30m) 10:30 a.m., 11:00 a.m. *Flexible	
	Barre (30m) 11:15 a.m.		Barre (30m) 11:15 a.m.		Barre (30m) 11:15 a.m.	Cardio Dance Party (45m) 11:15 a.m. Latin Pop	
Afternoons	JOGA (30m) 12:15 p.m.	Big HIIT (30m) 12:15 and 12:45 p.m. *Flexible	JOGA (30m) 12:15 p.m.	The Lab (45m) 12:15 p.m.	Squad (45m) 12:15 p.m.	JOGA (45m) 12:15 p.m.	JOGA (45m) 12:15 p.m.
	Women-only squad (45m) 12:15 p.m.	JOGA (30m) 12:15 p.m.	Squad (45m) 12:15 p.m.	JOGA (30m) 12:15 p.m.	YOGA (30m) 12:15 p.m.		
					Aquafit (45m) 12:15-1:00 pm		
	Squad (45m) 12:15 p.m.	Yoga (45m) 1:15 p.m.		Big HIIT (30m) 12:15 and 12:45 p.m. *Flexible	Women-only squad (45m) 1:15 p.m.		
Evenings	Cardio Dance Party (45m) 5:15 p.m. Latin Pop	Yoga (45m) 5:15 p.m.	Cardio Dance Party (45m) 5:15 p.m. Latin Pop	Yoga (45m) 5:15 p.m.	HIIT Takeover (1h) 3:15 p.m.		
	Studio HIIT (45m) 5:15 p.m.	The Lab (45m) 5:15 p.m.	Squad (45m) 6:15 p.m.	Journey Dance™ (45m) 6:15 p.m.	Cardio Dance Party (45m) 4:15 p.m. Freestyle		
	Squad (45m) 6:15 p.m.	Women-only squad (45m) 5:15 p.m.	Yoga (45m) 6:15 p.m.	Studio HIIT (45m) 6:15 p.m.	Squad (45m) 5:15 p.m.		
			Aquafit (45m) 6:15 p.m.		JOGA (45 m) 5:15 p.m.		
	Yoga (45m) 6:15 p.m.	Cardio Dance Party (45m) 6:15 p.m. Bollywood	Vogue (45m) 7:15 p.m.	Cardio Dance Party (45m) 6:15 p.m. Latin Pop			

*Flexible = Start at any of the scheduled times and stay for one or multiple sessions!

Come sweat with us! Leave energized and ready to take on the rest of your day.



**FITNESS &
PERFORMANCE**