

**Last Updated: 12/20**

| TIME    | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---------|---|--|---|--|---|--|
| 8:00am  |   | 8:15am-8:45am HIIT w/<br>Sanjeeta<br>Registration Only             |   | 8:15am-8:45am HIIT w/<br>Sanjeeta<br>Registration Only             |   | 8:15am-9:00am Zumba<br>w/ Karin<br>Registration Only |
| 9:00am  |   | 9:00am-9:45am Fitness<br>Bootcamp w/ Sanjeeta<br>Registration Only |   | 9:00am-9:45am Fitness<br>Bootcamp w/ Sanjeeta<br>Registration Only | 9:00am-9:45am Dance<br>Fitness Mashup w/ Nikki<br>Registration Only |  |
| 10:00am | 10:00am - 10:45am Pilates<br>Fusion w/ Iris<br>Registration Only          |  |   |  |   |  |
| 11:00am |   |  |   |  |   |  |
| 12:00pm |   |  |   |  |   |  |
| 1:00pm  |   |  | 1:15pm-2:00pm<br>Yoga w/Caitlin<br>Registration Only          |  | 1:15pm-2:00pm<br>Yoga w/Caitlin<br>Registration Only                |  |
| 2:00pm  |   |  |   |  |   |  |
| 3:00pm  |   |  |   |  |   |  |
| 4:00pm  |   |  |   |  |   |  |
| 5:00pm  |   | 5:15pm-6:00pm<br>Strength and Core<br>w/Latha<br>Registration Only |   |  |   |  |
| 6:00pm  | 6:15pm-7:00pm<br>Strength and Endurance<br>w/ Oliver<br>Registration Only |  |   | 6:00pm-6:45pm Zumba<br>w/ Karin<br>Registration Only               |   |  |
| 7:00pm  |   | 7:00pm-8:00pm Boxing<br>w/Tessa Registration Only                  | 7:00pm-7:45pm Dance<br>Strength w/ Nikki<br>Registration Only | 7:00 - 7:45 pm Pilates<br>Fusion w/ Iris<br>Registration Only      |   |  |