

# STUDIOclassschedule

## GROUPX

## CLASSES

- BOXING 30min
- PILATES 60min
- ZUMBA 60min
- BODY PUMP 60min
- 30/30 HIIT CORE 60min
- HIIT 25min
- LES MILLS CORE 30min
- BODY CONDITIONING 60min
- STEP BODY CONDITIONING 60min
- PIYO/BARRE 60min
- FOREVER FIT 60min
- YOGA 60min
- CIRCUIT 45min
- BODY PUMP EXPRESS 45min
- BODY COMBAT 45min

| MONDAY                     | TUESDAY                  | WEDNESDAY              | THURSDAY                    | FRIDAY                      | SATURDAY                            | SUNDAY               |
|----------------------------|--------------------------|------------------------|-----------------------------|-----------------------------|-------------------------------------|----------------------|
|                            | BODY PUMP<br>5:30am      |                        | BODY PUMP<br>5:30am         |                             |                                     |                      |
| BOXING<br>6:00am           | BOXING<br>6:30am         | BOXING<br>6:00am       | BOXING<br>6:30am            | BOXING<br>6:00am            | BOXING<br>7:00am                    | BOXING<br>8:00am     |
| PILATES<br>8:30am          | ZUMBA<br>8:30am          | PILATES<br>8:30am      | ZUMBA<br>8:30am             |                             | STEP<br>BODY CONDITIONING<br>8:30am | PIYO/BARRE<br>8:30am |
|                            | YOGA<br>9:30am           |                        | BODY CONDITIONING<br>9:30am | BOXING<br>9:30am            | BODY PUMP<br>9:30am                 |                      |
| 30/30 HIIT CORE<br>10:30am |                          | FOREVER FIT<br>10:30am | YOGA<br>10:30am             | PIYO/BARRE<br>10:30am       | LES MILLS CORE<br>10:30am           |                      |
| BOXING<br>Noon             | BOXING<br>Noon           | BOXING<br>Noon         | BOXING<br>Noon              | BOXING<br>Noon              | ZUMBA<br>11:00am                    |                      |
|                            |                          |                        |                             |                             |                                     |                      |
| BOXING<br>4:30pm           | HIIT<br>4:30pm           | BOXING<br>4:30pm       | BOXING<br>4:15pm            | BOXING<br>4:15pm            |                                     |                      |
| BOXING<br>5:00pm           | LES MILLS CORE<br>5:00pm | BOXING<br>5:00pm       | BODY COMBAT<br>4:45pm       | BODY PUMP EXPRESS<br>5:15pm |                                     |                      |
| ZUMBA<br>5:30pm            | BOXING<br>5:30pm         | BODY PUMP<br>5:30pm    | ZUMBA<br>5:30pm             |                             |                                     |                      |
| BODY PUMP<br>6:30pm        |                          | PIYO/BARRE<br>6:30pm   |                             |                             |                                     |                      |