

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

STUDIO1 STUDIO2 STUDIO1 STUDIO2 STUDIO1 STUDIO2 STUDIO1 STUDIO2 STUDIO1 STUDIO2 STUDIO1 STUDIO2 STUDIO1 STUDIO2

06:00													
07:00	B/G		I/M			B/G							
08:00	I/M		I/M			B/G		S		I/M		B/G	
09:00	B/G		F/B		S2B		I/M	Y	B/G		I/S		B/G
10:00			B/G						I/M		S2B		F/B
11:00											B/G		
12:00	B/G			O	B/G								
13:00													
14:00													
15:00	I/M		P				I/M		B/G				
16:00	B/G		F/B		I/M		B/G		I/M				
17:00	F/B		B/G		S2B		P		B/G				
18:00	S2B		I/S		I/M		B/G		Y				
19:00	I/S		I/M		B/G		I/M						

- Foundation/Basics Group Class Level 1
- Beginner/Gentle Group Class Level 2
- Improver/Moderate Group Class Level 3
- Intermediate/Strong Group Class Level 4
- Studio2Barre Group Class All levels
- Stretch Group Class All levels
- Zumba Group Class All levels
- Pregnancy Group Class
- Occupied
- Yoga