







Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
		SPIN  8:30-9:30 AM		SPIN  8:30- 9:30 AM	SPIN  8:30-9:30 AM
	TOTAL BODY BOOTCAMP 5:30-6:30 PM	KICKBOXING 6- 7 PM	CYCLING CARDIO BLAST 5:30- 6:30 PM		
BOOTY CORE & MORE! 6- 7 PM	 6:30- 7:30 PM	 7- 8 PM	 6:30-7:30 PM		

Contact Information:

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Hours of Operation:

Monday-Friday
 5AM-11PM
 Saturday & Sunday
 7AM-10 PM

