



CLASS SCHEDULE: SPRING 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

6:00am	Trekking 5:45–6:30 <i>Theisson B.</i>	Power Spin 5:30–6:30 <i>Rhonda O.</i>	Body Blast 5:45–6:30 <i>Theisson B.</i>		Core Cardio 5:45–6:30 <i>Rhonda O.</i>	
7:00am				Barre Sculpt 7:00–7:45 <i>Emma W.</i>		
8:00am	Sculpt & Bounce 8:45–9:30 <i>Emma W.</i>				Dumbbell Sculpt 8:45–9:30 <i>Rhonda D.</i>	Pop-Up Cycle 45 8:15–9:00 <i>Rhonda D.</i>
9:00am		Core Cardio 9:30–10:15 <i>Rhonda O.</i>	Dumbbell Sculpt 9:30–10:15 <i>Rhonda D.</i>	Body Blast 9:30–10:15 <i>Theisson B.</i>		Heated Vinyasa 9:00–10:00 <i>Roque M.</i>

EVENING CLASSES

5:00pm	Power Yoga Flow 5:30–6:15 <i>Roque M.</i>		Align & Flow Yoga 5:30–6:30 <i>Samira H.</i>	Heated Vinyasa 5:30–6:30 <i>Roque M.</i>		
---------------	--	--	---	---	--	--