

Class Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am - 6:30am		Spin*		Spin*	Spin*
7:15am - 7:30am	Core	Core	Core	Core	Core
9:00am - 10:00am		Flexibility		Flexibility	
12:00pm - 12:30pm					HITT
3:30pm - 4:30pm	Cardio**		Cardio		
5:30pm - 6:30pm					Class of Week
Additional Information * First come first serve basis for 6 individuals **No class Monday, October 28					