



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM			High Intensity Pilates		High Intensity Pilates		
6:00 AM							
6:30 AM			Pilates	Boxing	Pilates		
7:00 AM							
8:30 AM							
10:00 AM		Group Training with Jeff					
11:00 AM		Zumba		Zumba Gold		Balance & Stability	
4:30 PM		Group Training with Jeff					
5:30 PM			Spin				
6:15 PM							
6:30 PM			Pilates		Pilates		