

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 6:00 AM 30 Mins Instructor: Hope	Smash 6:00 AM 45 Mins Instructor: Maddi	Cycle 6:00 AM 30 Mins Instructor: Hope	Cycle 9:15 AM 30 Mins Instructor: Hope	Smash 9:15 AM 45 Mins Instructor: Maddi/Rosie	Smash 6:30 AM 45 Mins Instructor: Rosie/Maddi
Smash 9:15 AM 45 Mins Instructor: Rosie/Maddi/Tania	Yoga 12:00 NOON 60 Mins Instructor: Ali	Smash 9:15 AM 45 Mins Instructor: Maddi/Rosie	Boxing/Abs 10:00 AM 45 Mins Instructor: Maddi/Rosie	Cardio Circuit 10:00 AM 30 Mins Instructor: Maddi/Rosie	Recovery Mobility 7:15 AM 45 Mins Instructor: Rosie/Maddi
Recovery Mobility 10:00 AM 60 Mins Instructor: Rosie/Maddi	Booty 6:00 PM 45 Mins Instructor: Maddi	Pilates 10:00 AM 60 Mins Instructor: Lauren	Yoga 12:00 NOON 60 Mins Instructor: Ali		Smash 8:00 AM 45 Mins Instructor: Rosie/Maddi
Booty 12:00 NOON 30 Mins Instructor: Rosie/Maddi		Strength Circuit 12:00 NOON 30 Mins Instructor: Rosie	Booty 5:30 PM 45 Mins Instructor: Maddi		
Pilates 6:45 PM 60 Mins Instructor: Lauren		Boxing/Smash 5:30 PM 45 Mins Instructor: Tom/Maddi/Rosie			