

## STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15am	45' STRENGTH & STRETCHING	60' YOGA FLOW		45' STRENGTH & STRETCHING	
11:45am		45' YOGA FLOW EXPRESS			
12:30pm	45' CIRCUIT TRAINING	45' CORE & FLEX	45' PILATES	45' GAP   MYOFASCIAL RELEASE	45' POWER PILATES
1:15pm		45' CROSSTRaining GAP	50' BOXE	45' HIT	50' BOXE
1:20pm	45' PILATES				
6:15pm	45' CROSSTRaining	60' YOGA FLOW	45' PILATES	45' CROSSTRaining	

## SWIMMING POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:30pm	45' HIDRO   BIKE				
1:15pm			45' HIDRO   BIKE		