

Health & Fitness

	Mon	Tues	Wed	Thurs	Fri
8:00 AM		Interval Combo		Interval Combo	Interval Combo
9:00 AM	Complete Abs		Complete Abs		
10:00 AM	Yoga	Pilates	Yoga	Pilates	
4:30 PM				Teens on Weights	
5:00 PM		Core Stability		Core Stability	
5:30 PM				Women on Weights	
6:00 PM	Pilates		Pilates		
7:00 PM				Yoga	