



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00AM</b> 50 MIN	<b>TRX-FTC</b> JONATHAN		<b>BAGS'N'BELLS</b> JONATHAN		<b>KINETIC STRETCHING</b> NATE		
<b>8:30AM</b> 30 MIN						<b>CYCLE</b> STEPH	
<b>9:00AM</b> 30 MIN		<b>CYCLE</b> CINDY		<b>CYCLE</b> CINDY	<b>CYCLE</b> CINDY	<b>CYCLE</b> STEPH	
<b>9:30PM</b> 50 MIN	<b>PILATES</b> SUNNY	<b>PERFORMANCE</b> CINDY	<b>PILATES</b> SUNNY	<b>LEVELS</b> JOE	<b>YOGA</b> CINDY		
<b>10:00AM</b> 30 MIN						<b>SGT INTRO</b> JOE	<b>SGT INTRO</b> JONATHAN
<b>10:30AM</b> 50 MIN		<b>BAGS'N'BELLS</b> NATE	<b>TRX-STC</b> JONATHAN	<b>KINETIC STRETCHING</b> JOE		<b>TRX-FTC</b> JOE <b>PILATES</b> MELISSA	<b>TRX-STC</b> JONATHAN <b>YOGA</b> DEIRDRE
<b>11:30AM</b> 50 MIN						<b>LEVELS</b> JOE	<b>PERFORMANCE</b> STEPH
<b>12:30PM</b> 50 MIN						<b>KINETIC STRETCHING</b> JOE	
<b>4:30PM</b> 50 MIN	<b>KINETIC STRETCHING</b> JOE	<b>TRX-STC</b> JONATHAN	<b>BAGS'N'BELLS</b> JOE	<b>TRX-FTC</b> JONATHAN			
<b>5:30PM</b> 30 MIN	<b>CYCLE</b> MELISSA	<b>CYCLE</b> STEPH	<b>CYLCE</b> STEPH	<b>CYCLE</b> MELISSA			
<b>6:00PM</b> 30 MIN	<b>CYCLE</b> MELISSA	<b>CYLCE</b> STEPH	<b>CYCLE</b> STEPH	<b>CYCLE</b> MELISSA			
<b>6:35PM</b> 50 MIN	<b>DAUNTLESS</b> STEPH	<b>LEVELS</b> JOE	<b>PERFORMANCE</b> STEPH				
<b>7:00PM</b> 50 MIN			<b>TRX-FTC</b> JOE				
<b>7:30PM</b> 50 MIN		<b>KINETIC STRETCHING</b> JOE		<b>BAGS'N'BELLS</b> JONATHAN			

**SMALL GROUP TRAINING (SEMI-PRIVATE - CAN TAKE ANY RED OR BLACK CLASSES)**

**TEAM TRAINING (FORMERLY GROUP EXERCISE - CAN ONLY TAKE BLACK CLASSES)**

\*\*\*MUST BE ENROLLED IN SGT MEMBERSHIP TO TAKE RED CLASSES. IF YOU WOULD LIKE TO FIND OUT MORE, PLEASE SEE NATE, OUR FITNESS DIRECTOR\*\*\*