



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