



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