



CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
6:00AM	BOXING	BOXING		BOXING		PILATES
6:30AM	PILATES	PILATES	STRENGTH	GLUTES & CORE	HITT	
7:00AM					STRENGTH	PILATES
8:00AM						PILATES
9:00AM						PILATES
9:30AM			PILATES	PILATES	PILATES	
9:30AM			HITT			
10:00AM		PILATES				
5:30PM	PILATES	PILATES	PILATES	PILATES		
5:30PM			BOXING			
6:30pm			PILATES	PILATES		



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