

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am	Cycling 6am - 7am	Cycling 6am - 7am		Cycling 6am - 7am	
7am	Bodyweight Blast w/ Claire 7am - 7:40am				Bodyweight Blast w/ Claire 7am - 7:40am
8am					
9am					
10am					
11am					
12pm		Aqua Fit w/ Claire 11:20am - 12pm		Aqua Fit w/ Claire 11:20am - 12pm	
1pm		Butts and Guts w/ Claire 12:30pm - 1pm			
2pm	Twinges in the Hinges w/ Nesta 1:10pm - 2:10pm		Twinges in the Hinges w/ Nesta 1:10pm - 2:10pm		Twinges in the Hinges w/ Nesta 1:10pm - 2:10pm
3pm					
4pm					
5pm					
6pm	Fit Fusion w/ Karen 5:30pm - 6:30pm	Dance Fitness w/ Karen 5:30pm - 6:30pm	Fit Fusion w/ Karen 5:30pm - 6:30pm	Dance Fitness w/ Karen 5:30pm - 6:30pm	