

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	MAD MONDAY 7AM MADDY	SUMMER BODY 7AM MADDY	RISE & GRIND 7AM HUBERT	CORE & CONDITIONING 7AM MATT	FULL BODY S&C 7AM HUBERT		
						METABOLIC CIRCUIT ADVANCED ONLY 8:45 AM JON	S & C CIRCUIT ADVANCED ONLY 8:45 AM JON
	BACK TO BASICS 9AM PASCALE	BUTTS & GUTS 9AM DOM	RISE & GRIND 9AM JEFF	FULL BODY S & C 9AM YAN	TGIF 9AM YAN	METABOLIC CIRCUIT 10:15AM DOM	S & C CIRCUIT 10:15AM ALT
			BARRE 11AM STACY		BARRE 11AM STACY	METABOLIC CIRCUIT 11:30AM MATT	S & C CIRCUIT 11:30AM ALT
	ABS & A\$\$ 12PM ANGEL	S & C CIRCUIT 12PM JEFF	METABOLIC CIRCUIT ADVANCED ONLY 12PM JON	S & C CIRCUIT 12PM JON	BOOTY CLASS 12PM JON		
PM					YOGA S & C 1:15PM TANIA		
	HOLLYWOOD SQUARES 5:15PM JON	LEG DAY + BOOTY 5:30PM HUBERT	METABOLIC CIRCUIT ADVANCED ONLY 5:15PM JON	LOWER BODY BLAST 5:15PM PASCALE	5 À 6 5PM DOM		
	REGGAETONS&C CIRCUIT 7PM ANGEL	S & C CIRCUIT 7PM JEFF	METABOLIC CIRCUIT 6:45PM ALT	S & C CIRCUIT 6:45PM MADDY	YOGA S & C 6:00PM TANIA		