



# Class Schedule

**AM**

**PM**

SECTION	AM	PM
SUN		<b>HIIT</b> 18:30-19:15  <b>SPINNING</b> 19:30-20:30
MON	<b>TGA</b> 6:30-7:30	<b>HIIT</b> 19:30-20:15
TUE		<b>SPINNING</b> 18:30-19:30  <b>STRETCH SCULPT</b> 19:30-20:15
WED	<b>HIIT</b> 6:30-7:15	<b>STRENGTH &amp; CONDITIONING</b> 18:30-19:30
THU	<b>SUNRISE STRETCH</b> 7:00-7:45	<b>TOTAL BODY WORKOUT</b> 19:30-20:15
FRI	<b>TGA</b> 10:00-11:00	<b>SPINNING</b> 11:00-12:00
SAT	<b>TOTAL BODY WORKOUT</b> 10:00-11:00	<b>STRENGTH &amp; CONDITIONING</b> 11:00-12:00