

Club Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM SPINNING	5:30 AM SPINNING	5:30 AM SPINNING	5:30 AM SPINNING	5:30 AM SPINNING	6:00 AM SPINNING	8:00 AM SPINNING
9:00 AM DEFINITY	6:00 AM BOOT CAMP	6:30 AM FITWALL	6:00 AM BOOT CAMP	8:30 AM 50/50	8:30 AM INTERVAL BLAST	8:30 AM CARDIO w/ WEIGHTS
10:00 AM YOGA	8:30 AM INTERVAL BLAST	7:30 AM YOGA	8:30 AM SPINNING	5:30 PM RESTORATIVE YOGA	10:00 AM FITWALL	9:30 AM INTENSITY w/ AL IRISH
10:30 AM FITWALL	5:30 PM FITWALL	8:30 AM 50/50	9:00 AM CARDIO/CORE	6:00 PM PILATES		10:00 AM YOGA
	6:00 PM SPINNING	6:00 PM SPINNING	5:30 PM YOGA	6:00 PM SPINNING		10:30 AM FITWALL
	6:15 PM YOGA	6:00 PM PILATES	5:30 PM ZUMBU	6:30 PM FITWALL		11:00 AM CARDIO KICKBOXING
	6:30 PM CARDIO KICKBOXING	6:00 PM ATHLETIC TRAINING	6:00 PM SPINNING	6:30 PM MUSCLE CONDITIONING		
			6:30 PM INTENSITY w/ AL IRISH			