	MON	TUES	WED	THURS	FRI	SAT
Ab City *Led by Shariyf*	10:00 am		10:00 am	10:00 am		10:00 am
Beginner Stretch Clinic *Led by Lee*						11:00 am
Boot Camp *Led by Shariyf*	7:00 am	7:00 am 6:30 pm	7:00 am	7:00 am 6:30 pm	7:00 am	
Dante's Inferno *Led by Dante*			6:00 pm			11:30 am
Fat Burning Furnace *Led by Lee*	10:00 am					
Metabolic Circuit *Led by Amy*		10:00 am				
Morning Mashup *Led by Amy*	7:00 am			10:00 am		
Pilates Reformer *Led by Deb H.*		5:00 pm	9:30 am		7:00 am 8:30 am	
Pilates Reformer *Led by Tanya*	5:30 pm					
Speed & Agility *Led by Dante*		6:00 pm				
Train Like an Athlete *Led by Dante*	7:00 pm			6:00 pm		
Water Circuit *Led by Donatella*		8:00 am		8:00 am		
Women's HIIT & Tabata *Led by Genna*	6:00 am 10:00 am	6:30 pm	6:00 am 9:00 am	6:30 pm *CO-ED		
XFIT *Led by Dave*				7:00 pm		10:30 am