
















































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45							
8:25	B.A.T.T	HARD CORE	B.A.T.T	HARD CORE		 (8:30 start)	 (8:30 start)
9:00	 	 		 		 (9:30 start)	 (9:30 start)
10:00						 (10:30 start)	
11:00		YOGA	SMOOTH MOVING			 (10:30 start)	
12:10pm							
4:20pm							
5:30pm		 		 			
6:30pm							
7:40pm		Hatha Yoga					

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Classes held in Studio 1