

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM		Power Spin Elba		Power Spin Elba	Spin Elba	
10:00 AM		HIIT Elba		HIIT Elba	HIIT Elba	Spin Elba
11:00 AM	HIIT Elba		HIIT Elba			
5:00 PM	Boot Camp Chris		Boot Camp Chris	Kickboxing Isaiah		
6:00 PM		Boot Camp Chris		Boot Camp Chris		
7:00 PM						

KICKBOXING HAS MOVED TO THURSDAYS AT 5PM

VINYASA FLOW YOGA WILL BE BACK IN DECEMBER

