

MONDAY

TUESDAY

WEDNESDAY









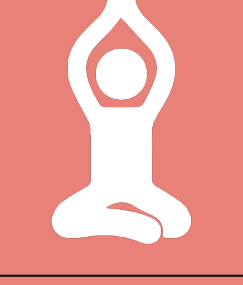

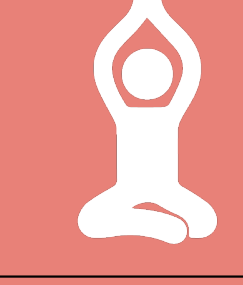




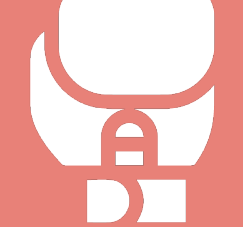










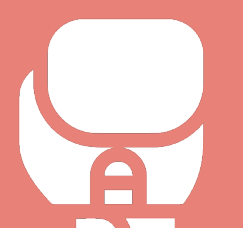




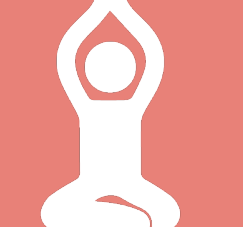



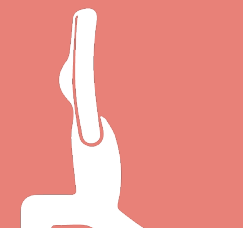
THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

TURN'N'BURN 05:45 • 45 min 	META: COMPETE 05:45 • 45 min 	SUNRISE YOGA 06:15 • 60 min 	TURN'N'BURN 05:45 • 45 min 	CARDIO: C3 05:45 • 45 min 	META HIIT 07:15 • 60 min 	HOT YIN YOGA 08:00 • 75mins 
POWER YOGA 06:30 • 60 min 	HOT YOGA 06:30 • 60 min 	STRENGTH: TB1 06:30 • 60 min 	HOT YOGA 06:30 • 60 min 	VINYASA 06:30 • 60 min 	HOT YIN 08:00 • 75 min 	META: COMPETE 08:30 • 60 min 
STRENGTH: GLUTES/CORE 07:00 • 45 min 	RecRUMBLE 07:00 • 60 min 	RecFORMER: ESSENTIALS 08:15 • 60 min 	META HIIT 07:00 • 45 min 	PURE CORE 07:00 • 45 min 	TURN'N'BURN 08:45 • 45 min 	STRENGTH: TB2 10:00 • 60 min 
RecFORMER: HIP 08:15 • 60 min 	STRENGTH: GLUTES/CORE 08:15 • 45 min 	HOT YOGA 08:30 • 60 min 	META HIIT 08:15 • 45 min 	RecFORMER: SCULPT 08:15 • 60 min 	RecRUMBLE 10:00 • 60 min 	VINYASA 10:45 • 60 min 
PILATES RE:BALANCE 09:30 • 60 min 		RecFORMER: SCULPT 10:30 • 60 min 		PILATES RE:ENERGIZE 08:30 • 60 min 	POWER YOGA 10:45 • 60 min 	Re:GEN 11:15 • 30 min 
RecFORMER: ESSENTIALS 10:30 • 60 min 				RecFORMER: ESSENTIALS 10:30 • 60 min 	RecFORMER: HIP 11:45 • 60 min 	

MONDAY

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

AFTERNOON & EVENING

PURE CORE 12:15 • 45 min 	PILATES RE: BALANCE 12:15 • 45 min 	TURN'N'BURN 12:15 • 45 min 	PILATES RE: BALANCE 12:15 • 45 min 	RecFORMER: HIP 12:15 • 45 min 
HOT YIN YOGA 12:45 • 45 min 	META HIIT 12:45 • 45 min 	POWER YOGA 12:45 • 45 min 	CARDIO: C3 12:45 • 45 min 	POWER YOGA 12:45 • 45 min 
RecFORMER: SCULPT 17:15 • 60 min 	TURN'N'BURN 17:45 • 45 min 	TURN'N'BURN 17:15 • 45 min 	PILATES RE:ALIGN 17:15 • 60 min 	META: COMPETE 17:30 • 60 min 
HOT YOGA 17:45 • 60 min 	VINYASA 18:30 • 60 min 	PILATES RE:BALANCE 17:45 • 60 min 	STRENGTH: TB2 17:45 • 60 min 	HOT YOGA 17:45 • 60 min 
STRENGTH: TB1 18:30 • 60 min 		RecRUMBLE 18:30 • 60 min 	POWER YOGA 18:30 • 60 min 	
		HOT YIN YOGA 19:00 • 75 min 