

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Spin</b> 6:00-6:30 AM   30 Mins Instructor: Hope</p>	<p><b>Smash</b> 6:00-6:40 AM   40 Mins Instructor: Hope</p>	<p><b>Spin</b> 6:00-6:30 AM   30 Mins Instructor: Hope</p>	<p><b>Functional Strength</b> 6:00-6:40 PM   40 Mins Instructor: Lucy</p>	<p><b>Smash</b> 6:00-6:40 AM   40 Mins Instructor: Natalie</p>	<p><b>Yoga</b> 8:00-9:00 AM   60 Mins Instructor: Tayla</p>
<p><b>Smash</b> 9:15-9:55 AM   40 Mins Instructor: Tatiana</p>	<p><b>Spin</b> 9:15-9:45 AM   30 Mins Instructor: Natalie</p>	<p><b>Functional Strength</b> 9:15-9:55 AM   40 Mins Instructor: Maddi</p>	<p><b>Spin</b> 9:15-9:45 AM   30 Mins Instructor: Hope</p>	<p><b>Spin</b> 7:15-8:00 AM   45 Mins Instructor: Alex</p>	<p><b>Smash</b> 9:15-9:55 AM   40 Mins Instructor: Alex/Lucy</p>
<p><b>Smash</b> 12:15-12:55 PM   40 Mins Instructor: Tatiana</p>	<p><b>Yoga</b> 12:00-1:00 PM   60 Mins Instructor: Tayla</p>	<p><b>Functional Strength</b> 12:15-12:55 PM   40 Mins Instructor: Courtney</p>	<p><b>Yoga</b> 12:00-1:00 PM   60 Mins Instructor: Dan</p>	<p><b>Smash</b> 9:15-9:55 AM   40 Mins Instructor: Natalie</p>	
<p><b>Boxing</b> 5:30-6:00 PM   30 Mins Instructor: Tom</p>	<p><b>Functional Strength</b> 5:30-6:10 PM   40 Mins Instructor: Courtney</p>	<p><b>Boxing</b> 5:30-6:00 PM   30 Mins Instructor: Tom</p>	<p><b>Lifting Fundamentals</b> 5:30-6:10 PM   40 Mins Instructor: Maddi</p>		
<p><b>Spin</b> 6:15-6:45 PM   30 Mins Instructor: Alex</p>	<p><b>Smash</b> 6:15-6:55 PM   40 Mins Instructor: Courtney</p>	<p><b>Lifting Fundamentals</b> 6:15-6:55 PM   40 Mins Instructor: Sally</p>	<p><b>Functional Strength</b> 6:15-6:55 PM   40 Mins Instructor: Lucy</p>		
<p><b>Dance N Sweat</b> 7:00-7:40 PM   40 Mins Instructor: Sally</p>	<p><b>Pilates</b> 7:00-8:00 PM   60 Mins Instructor: Lauren</p>		<p><b>Pilates</b> 7:00-8:00 PM   60 Mins Instructor: Lauren</p>		