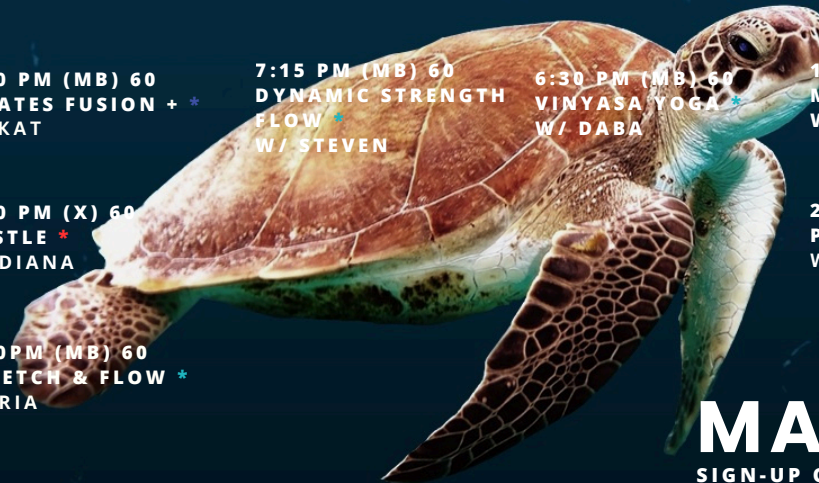


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM (MB) 45 POWER SCULPT * W/ ERICA	7:00 AM (X) 45 BOOTY SCULPT * W/ HALEY <i>*NEW*</i>	6:30 AM (MB) 45 POWER SCULPT * W/ ERICA	7:30 AM (MB) 60 POWERFLOW YOGA * W/ MELISSA	6:30 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (X) 45 BOOTY SCULPT * W/ LISA <i>*NEW*</i>	9:00 AM (MB) 60 ENERGY FLOW YOGA * W/ GABY
9:00 AM (MB) 45 PILATES FUSION * W/ WILL	7:15 AM (MB) 45 PILATES FUSION * W/ LYDIA	7:00 AM (X) 45 COMPETE ELITE * W/ SAM <i>*NEW DURATION*</i>	12:00 PM (X) 45 DEFINE * W/ ERICA	7:30 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (X) 60 BEAST TRAINING CAMP * W/ SAM <i>*NEW TIME*</i>
12:00 PM (X) 60 COMPETE ELITE * W/ EBAI	12:00 PM (X) 45 DEFINE * W/ SUSAN	7:30 AM (MB) 60 ENERGY FLOW YOGA * W/ GABY	1:00 PM (MB) 45 RECOVERY & MOBILITY * W/ LYDIA	12:00 PM (X) 60 HUSTLE * W/ SAM	10:00 AM (X) 45 BEAST TRAINING CAMP * W/ LISA	10:30 AM (MB) 60 RECOVERY MOBILITY * W/ OLIVIA
1:00 PM (MB) 45 POWER SCULPT * W/ ERICA	1:00 PM (MB) 60 POWERFLOW YOGA * W/ JAMES	12:00 PM (X) 45 MUSCLE DRIP * W/ ERICA	6:00 PM (X) 45 PILATES PUMP * W/ GILLIAN	12:00 PM (MB) 45 PILATES FUSION * W/ ERICA <i>*NEW TIME*</i>	10:00 AM (MB) 60 ALIGNMENT STRENGTH FLOW * W/ STEVEN	10:30 AM (X) 60 ZUMBA * W/ ODRIS
5:45 PM (MB) 45 SUSPEND & SCULPT * W/ LISA	5:00 PM (MB) 45 PILATES FUSION * W/ MANDY	5:00 PM (MB) 45 SOUL ALIGNMENT * W/ ROSE <i>*NEW*</i>	6:00 PM (MB) 60 ALIGNMENT STRENGTH FLOW * W/ STEVEN	1:15 PM (MB) 60 MIND BODY SOUND * W/ KAREEM <i>*NEW*</i>	11:00 AM (X) 45 SHRED * W/ EBAI	12:00 PM (MB) 45 POWER SCULPT * W/ GILLIAN
6:00 PM (X) 45 MUSCLE DRIP * W/ DIANA	6:00 PM (MB) 45 PILATES FUSION * W/ MANDY	5:00 PM (X) 45 CORE & MORE * W/ OLIVIA	7:00 PM (X) 60 ZUMBA * W/ ODRIS	6:15 PM (X) 45 COMPETE ELITE * W/ KAREN	11:15 AM (MB) 60 POWERFLOW YOGA * W/ MELISSA G.	2:00 PM (MB) 60 VINYASA YOGA * W/ JAMES
7:00 PM (MB) 45 RECOVERY & MOBILITY * W/ JAMES	6:00 PM (X) 45 MUSCLE DRIP * W/ SAM	6:00 PM (MB) 60 PILATES FUSION + * W/ KAT	7:15 PM (MB) 60 DYNAMIC STRENGTH FLOW * W/ STEVEN	6:30 PM (MB) 60 VINYASA YOGA * W/ DABA	1:00 PM (MB) 60 MIND BODY SOUND * W/ KAREEM	
7:00 PM (X) 45 CORE & MORE * W/ OLIVIA	7:00 PM (X) 45 CORE & MORE * W/ MANDY	6:30 PM (X) 60 HUSTLE * W/ DIANA			2:30 PM (MB) 45 POWER SCULPT * W/ ERICA	
8:00 PM (MB) 60 RESTORTIVE YIN YOGA * W/ JAMES	7:30 PM (MB) 60 DYNAMIC STRENGTH FLOW * W/ STEVEN	7:30 PM (MB) 60 STRETCH & FLOW * W/ RIA				
	8:00 PM (X) 60 ZUMBA * W/ ODRIS					



MAY SCHEDULE

SIGN-UP ON THE APP STARTING 25-HOURS PRIOR
 MB - MIND & BODY STUDIO
 X - MAIN STUDIO

- DANCE CLASSES *
- STRENGTH CLASSES *
- MIND/BODY CLASSES *
- STRENGTH CONDITIONING/HIIT CLASSES*

