



## Class Schedule (as of 1/21/2017)

	MON	TUE	WED	THU	FRI	SAT	SUN
5:30 am	Indoor Cycling		Indoor Cycling		Indoor Cycling		
6:00 am		TRX/Barre Fusion		Hot Power Vinyasa Yoga			
7:00 am						Indoor Cycling	
8:00 am						Hot Power Vinyasa Yoga	Extreme Ride
9:00 am						Indoor Cycling	
9:30 am	Build & Burn	Total Body Conditioning	TRX	Build & Burn	TRX	Build & Burn	Indoor Cycling
5:30 pm	Indoor Cycling						
6:00 pm		Indoor Cycling	Build & Burn	Indoor Cycling			
6:30 pm	Hot Power Vinyasa Yoga						
7:00 pm	Indoor Cycling	Build & Burn	Boxing	BPY Fusion			

Class Schedule subject to change