

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:00 A.M.	HIIT Express		HIIT Express		HIIT Express	
7:30 A.M.		EMPower		EMPower		
8:00 A.M.						Weekend Warrior
9:00 A.M.					Yoga	Functional Stretch
10:00 A.M.						EMPower
12:00 P.M.	Full Body Circuit	Full-Body Circuit	Cycle Express	Full-Body Circuit		
12:30 P.M.	Functional Stretch					
12:45 P.M.						
4:30 P.M.	EMPower		EMPower			
5:00 P.M.			TRXpress	Barre Express		
5:15 P.M.						
5:30 P.M.	Cycle & Core Killer Cardio	HIIT Cycle Powerhouse Dance	Barre Express	Pilates	Cycle 'N' Pump Stretch & Meditation	
6:00 P.M.	EMPower Butts 'N' Guts		EMPower	Yoga		
6:15 P.M.						
6:30 P.M.	Salsa Kundalini Yoga (50 min.)	BodyShox Functional Stretch				

KEY: ■ 30 MIN. ■ NEW ■ BOXING