

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	5:45am	BURN	BURN	BURN		BURN		
	6:00am	REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		
		VINYASA FLOW (WARM)	VIRTUAL SPIN	VINYASA FLOW (WARM)	VIRTUAL SPIN	VIRTUAL SPIN		
	6:15am	THE TRIP		SPIN				
	6:30am	BURN		BURN		BURN		
	7:00am		REFORMER PILATES		REFORMER PILATES			
	7:30am		BURN		BURN		BOXING	
	8:30am						THE TRIP	
	9:30am	BURN	THE TRIP	BURN	THE TRIP	BURN	BURN	THE TRIP
		REFORMER PILATES		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES
			POWER FLOW (HOT)		AERIAL YOGA		VINYASA FLOW (WARM)	HOT YOGA - SLOW FLOW
	10:30am	SLOW FLOW (WARM)		BARRE PILATES		RESTORATIVE YOGA	REFORMER PILATES	
						BARRE		
AFTERNOON	12:15pm	BOXING		BURN				
	12:30pm	VIRTUAL SPIN	REFORMER PILATES	VIRTUAL SPIN	MEDITATION	VIRTUAL SPIN		
	4:00pm						YIN YOGA (HOT)	
	4:30pm	VIRTUAL SPIN		VIRTUAL SPIN		VIRTUAL SPIN		
EVENING	5:30pm	BURN	BURN	BURN	YIN YOGA (WARM)			
		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES				
	6:00pm		101 BASICS AERIAL YOGA	SLOW FLOW YOGA (HOT)				
			SPIN	THE TRIP		VIRTUAL SPIN		
	6:30pm	BURN	BOXING	BURN	BOXING			
		REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
		POWER FLOW (HOT)			HOT YOGA - POWER FLOW			
	7:00pm		VIRTUAL SPIN	REFORMER PILATES	VIRTUAL SPIN			
	7:15pm		VINYASA FLOW (WARM)					
	7:30pm	REFORMER PILATES						
	YIN YOGA (WARM)							

BURN Studio
 REFORMER Studio
 YOGA Studio
 CRUZ Studio