

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>MORNING</b>	5:45am	BURN	BURN	BURN		BURN		
	6:00am					REFORMER PILATES		
	6:15am	THE TRIP						
	6:30am	BURN		BURN	BURN	BURN		
	7:00am	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
	7:15am	VINYASA FLOW (WARM)						
	7:30am		BURN		BURN		BOXING	
	8:00am			VINYASA FLOW (WARM)				
	8:30am					THE TRIP	BURN	
	9:30am	BURN	THE TRIP	BURN	THE TRIP	BURN	BURN	THE TRIP
		REFORMER PILATES	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				BOXING	RESTORATIVE YOGA	REFORMER PILATES	
						MAT PILATES (HOT)		
<b>AFTERNOON</b>	12:15pm	BOXING						
	12:30pm	VIRTUAL SPIN		VIRTUAL SPIN	MEDITATION	VIRTUAL SPIN		
		MEDITATION						
	4:00pm						YIN YOGA (HOT)	
	4:30pm	VIRTUAL SPIN		VIRTUAL SPIN		VIRTUAL SPIN		
<b>EVENING</b>	5:30pm	BURN	BURN	BURN	YIN YOGA (WARM)			
		REFORMER PILATES	REFORMER PILATES	REFORMER PILATES				
		AERIAL YOGA						
	6:00pm		AERIAL YOGA	SLOW FLOW YOGA (HOT)				
				THE TRIP		VIRTUAL SPIN		
	6:30pm	BURN	BOXING	BURN	BOXING			
		REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
			SPIN					
	6:40pm	HOT MAT PILATES (HOT)						
	7:00pm		VIRTUAL SPIN		VIRTUAL SPIN			
7:15pm		VINYASA FLOW (WARM)	YIN YOGA					
7:30pm	REFORMER PILATES							

BURN Studio
  REFORMER Studio
  YOGA Studio
  CRUZ Studio