

MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	BURN	BURN	BURN	BURN	BURN		
6:00am		VIRTUAL SPIN			REFORMER PILATES		
6:15am	THE TRIP				VIRTUAL SPIN		
6:30am	BURN		BURN	BURN	BURN		
7:00am	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
7:30am		BURN		BURN		BOXING	
8:00am			VINYASA FLOW (WARM)				
8:30am	VINYASA FLOW (WARM)					THE TRIP	
	REFORMER PILATES					BURN	
9:30am	BURN	VIRTUAL SPIN	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)	SLOW FLOW
				BURN BOXING			MEDITATION
10:30am		REFORMER PILATES			RESTORATIVE YOGA	REFORMER PILATES	REFORMER PILATES
						BARRE PILATES	

AFTERNOON

12:15pm	BURN						
12:30pm	VIRTUAL SPIN		VIRTUAL SPIN	MEDITATION	VIRTUAL SPIN		
	MEDITATION						
4:00pm							YIN YOGA (HOT)
4:30pm	VIRTUAL SPIN		VIRTUAL SPIN		VIRTUAL SPIN		

EVENING

5:30pm	BURN	BURN	BURN	POWER FLOW (HOT)			
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	BOXING			
	AERIAL YOGA		POWER FLOW (HOT)				
6:00pm		VINYASA FLOW (WARM)	THE TRIP	THE TRIP	VIRTUAL SPIN		
6:30pm	BURN	BURN	BOXING	BURN			
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
		VIRTUAL SPIN		YIN YOGA AND MEDITATION			
7:00pm	MEDITATION (45)			VIRTUAL SPIN			
7:15pm		AERIAL YOGA					
7:30pm	REFORMER PILATES	VIRTUAL SPIN	YIN YOGA (HOT)				

BURN Studio
 REFORMER Studio
 YOGA Studio
 CRUZ Studio