



CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
6:00AM	BOXING	BOXING		BOXING		PILATES
6:30AM	PILATES	PILATES	STRENGTH	GLUTES & CORE	HEART STARTER	
7:00AM						PILATES
8:00AM						PILATES
9:00AM						PILATES
9:30AM		PILATES	PILATES	PILATES	PILATES	
10:00AM						
5:00PM	PILATES	PILATES	PILATES	PILATES		
5:30PM			BOXING		BOXING	
6:00pm	PILATES	PILATES	PILATES	PILATES		



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