

MONDAY

Training Studio (\$)

HS50 Team Training (\$)	5:45am-6:30am	Beth
HS50 Team Training (\$)	9:00am-9:50am	Amanda
HS50 Team Training (\$)	4:00pm-4:50pm	Kristen
HS50 Team Training (\$)	5:15pm-6:05pm	Kristen

GroupX Studio

Barre Fitness (\$)	5:00pm-5:50pm	Denise
Pilates with Props (\$)	6:00pm-6:50pm	Denise
Yoga All Levels	7:00pm-8:00pm	Denise

TUESDAY

Training Studio (\$)

HS50 Team Training (\$)	5:45am-6:30am	Beth
HS50 Team Training (\$)	9:00am-9:50am	Amanda
HS50 Team Training (\$)	4:00pm-4:50pm	Kristen
HS50 Team Training (\$)	5:15pm-6:05pm	Kristen
HS50 Team Training (\$)	6:15pm-7:05pm	Kristen

GroupX Studio

Yoga/Meditation	10:00am-11:00am	Jensen
-----------------	-----------------	--------

WEDNESDAY

Training Studio (\$)

HS50 Team Training (\$)	5:45am-6:30am	Beth
HS50 Team Training (\$)	9:00am-9:50am	Amanda
HS50 Team Training (\$)	4:00pm-4:50pm	Kristen
HS50 Team Training (\$)	5:15pm-6:05pm	Kristen

GroupX Studio

Everyday Strength	10:00am-10:45am	Amanda
Barre Fitness (\$)	5:00pm-5:50pm	Denise
Pilates with Props (\$)	6:00pm-6:50pm	Denise
Yoga All Levels	7:00pm-8:00pm	Denise

THURSDAY

Training Studio (\$)

HS50 Team Training (\$)	5:45am-6:30am	Beth
HS50 Team Training (\$)	9:00am-9:50am	Kristen
HS50 Team Training (\$)	4:00pm-4:50pm	Kristen
HS50 Team Training (\$)	5:15pm-6:05pm	Kristen
HS50 Team Training (\$)	6:15pm-7:05pm	Kristen

GroupX Studio

Vinyasa Yoga	10:00am-11:00am	Wendy
--------------	-----------------	-------

FRIDAY

GroupX Studio

Full Body Friday	4:00pm-4:50pm	Rotating Instructors
Sound Bath Yin Yoga (\$) March 24th ONLY	6:15pm-7:30pm	Jensen

SATURDAY

GroupX Studio

Yoga/Meditation (\$)	10:00am-11:15am	Jensen
----------------------	-----------------	--------

***Booking classes to reserve a spot is recommended**