



Group Fitness Studio A							
	Sun	Mon	Tue	Wed	Thur	Fri	Sat
6:00am							
7:30am							
8:30am							Total BodySculpt Kathi
9:00am		Hi/Low Cardio Celeste	Total Body Sculpt Kathi	Hi/Low Cardio Kathi	Total Body Sculpt Kathi	Core Plus Kathi	Cardio Bench Blast (9:30) Kathi
10:00am			Step Kathi		Step Kathi		
5:00pm		Bodyshox Barbell (5:15) TA	Core Plus Kathi	Buns & Abs Kathi			
6:00pm		Step Interval Kathi		Cardio Bench Blast Kathi	Bodyshox Barbell TA		