<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
</table>
| **Strength and Power**  
8am-9am  
Studio B - Jess  
**Barre Reform**  
10:45am-11:45am  
Studio B - Kristin  
**Intense 30**  
1pm-1:30pm  
Studio B - Andrea  
**Sunset Sweat**  
5pm-5:30pm  
Studio A - Sarah  
**Cardio Cycle**  
6pm-6:45pm  
Studio C - Shannon  
**Barre**  
6pm-6:45pm  
Studio B - Christine | **Sunrise Sweat**  
6:30am-7am  
Studio B - Sarah  
**Full Body Sweat**  
9:30am-10am  
Studio B - Natty  
**Cycle Power**  
1:30pm-2:30pm  
Studio C - Julia R  
**Barre**  
4pm-4:45pm  
Studio B - Andrea  
**Stretch Yoga**  
5pm-6pm  
Studio B - Selda  
**Zumba**  
6:15pm-7:15pm  
Studio B - Julia P  
**Strength and Power**  
7:30pm-8:30pm  
Studio B - Zoe | **Power Hour**  
7am-8am  
Studio A - Owen  
**Strength and Power**  
8am-9am  
Studio B - Jess  
**Lower Body Power**  
10am-11am  
Studio A - Katelyn  
**Barre Reform**  
10:45am-11:45am  
Studio B - Kristin  
**Cycle Strength**  
4pm-5pm  
Studio C - Erin  
**Sundown Vinyasa**  
4pm-5pm  
Studio B - Selda  
**Sunset Sweat**  
5pm-5:30pm  
Studio A - Sarah  
**Athletic Barre**  
6pm-6:45pm  
Studio B - Christine  
**HIIT Express**  
6:30pm-7:15pm  
Studio A - Everett | **Sunrise Sweat**  
6:30am-7am  
Studio B - Sarah  
**Sweat Cycle**  
9:30am-10am  
Studio C - Natty  
**Butts & Guts**  
12pm-1pm  
Studio B - Emma  
**Cycle Power**  
1:30pm-2:30pm  
Studio C - Julia R  
**BOSU Built**  
4pm-5pm  
Studio A - Erin  
**Strength and Power**  
5pm-6pm  
Studio B - Zoe  
**Zumba**  
6:15pm-7:15pm  
Studio B - Julia P | **Body Blaster**  
7am-8am  
Second Floor Turf - Owen  
**Upper Body Power**  
10am-11am  
Studio B - Katelyn  
**Full Body Fusion**  
11:30am-12:30pm  
Studio B - Emma  
**Zumba**  
2:30pm-3:30pm  
Studio B - Lauren |