 mon. 9 am full body burn 6 pm yoga

tues. 6 am full body burn 9 am cycle 4:30 pm yoga 5:30 pm Zumba 6:15 pm Pilates

wed. 9 am strong

thurs. 6 am full body burn 9 am strength + core 6 pm Zumba

**fri.** 8 am strong 9 am mat Pilates

sat. 8 am cycle 9 am yoga sculpt

 class schedule