

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	YOGA STUDIO 07:00 - 08:00		ZUMBA STUDIO 08:30 - 09:30		YOGA STUDIO 07:00 - 08:00		ZUMBA STUDIO 07:30 - 08:30		TOTAL BODY BLAST SYNERGY 08:30 - 09:15		FIT YOGA Yoga + Strength (if no rain) CH Rooftop 07:00 - 08:00
	IGNITE FULL BODY HIIT STUDIO 08:30 - 09:00		SPIN SPIN ROOM 08:30 - 09:30		PANTHERS WRATH Speed & Agility SYNERGY 08:30 - 09:30		ROCK BOTTOM Bums & Legs SYNERGY 08:00 - 09:00		BOOTYLICIOUS Bums & Abs STUDIO 08:30 - 09:30		PRIMAL FUNCTIONAL SYNERGY 08:30 - 09:30
		ABS & STRETCH Core Strength & Stretching STUDIO 09:30 - 10:00			IGNITE FULL BODY HIIT STUDIO 08:30 - 09:00		SPIN & CORE SPIN ROOM 08:30 - 09:30	ABS & STRETCH Core Strength & Stretching STUDIO 09:30 - 10:00			TRAILBLAZER Endurance SYNERGY 09:30 - 10:30
	BIG STARS KIDS DANCE 10-15YRS STUDIO 16:00 - 17:00				PILATES Core & Posture STUDIO 09:00 - 10:00						SPIN SPIN ROOM 09:30 - 10:30
	SPIN SPIN ROOM 18:00 - 19:00		AQUAGYM POOL 17:30 - 18:30		SPIN & CORE (MDX Special) SPIN ROOM 16:00 - 16:45		KAPOW COMBAT CIRCUIT SYNERGY 18:00 - 18:45				ROCK BOTTOM Bums & Legs SYNERGY 11:45 - 12:30
	BOOTYLICIOUS Bums & Abs STUDIO 18:00 - 19:00		POUND Rock Workout STUDIO 18:00 - 19:00		MOUNTAIN GOAT Spin & Strength SPIN & SYNERGY 18:00 - 19:00		IGNITE FULL BODY HIIT STUDIO 18:00 - 18:30		IGNITE FULL BODY HIIT STUDIO 17:00 - 17:30		LITTLE STARS KIDS DANCE 4 - 9 YRS STUDIO 11:45 - 12:30
	HAVANA HEAT Latin Aerobic STUDIO 19:00 - 20:00		KONG Strength SYNERGY 18:00 - 19:00		HAVANA HEAT Latin Aerobic STUDIO 18:00 - 19:00		POUND Rock Workout (if no rain) CH Rooftop 18:30 - 19:15				
	SPIN SPIN ROOM 19:00 - 20:00		SPIN SPIN ROOM 19:00 - 20:00		BOOTYLICIOUS Bums & Abs STUDIO 19:00 - 20:00		YOGA STUDIO 18:30 - 19:30				
	PILATES Core & Posture STUDIO 20:00 - 21:00		ZUMBA STUDIO 19:00 - 20:00		SPIN SPIN ROOM 19:00 - 20:00		BOLLYWOOD BURN STUDIO 19:30 - 20:30				

High Intensity
Low Intensity
Youth Classes