






Exclusive Group Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---|---|---|---|---|-------------------------------|------------------|
| 05:30:00 AM | Spinning (Jennifer) | | | Spinning (Jennifer) | | | |
| 08:30:00 AM |  Yoga Courtney |  Yoga Michelle | Glutes & Abs (Becca) |  Yoga Michelle |  Yoga Courtney | | |
| 09:15:00 AM | | | | | | Spinning Courtney **9AM | |
| 10:00:00 AM | | | | | | Pilates Courtney | |
| 02:00:00 PM | | | | | | | Yoga Michelle |
| 05:00:00 PM | Spin & Stretch Courtney | Spin & Stretch Courtney | | Spin & Stretch Courtney | | | |
| 06:00:00 PM | | | | | | | |
| 07:00:00 PM | | |  Yoga Michelle | | | | |