



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00		YOGA FOR BACK PAIN 60 MIN	VINYASA YOGA 60 MIN	YOGA FOR BACK PAIN 60 MIN		PILATES MAT 60 MIN	
11:15	CORE CONDITION 45 MIN						
12:00	FIESTA WORKOUT 50 MIN	PILATES MAT 60 MIN	DANCE STORM 50 MIN	6 PACK SPECIAL 30 MIN	PILATES MAT 60 MIN		
12:30						YOGA FOR BACK PAIN 60 MIN	
13:00	YIN YOGA 60 MIN	VINYASA YOGA 60 MIN	CORE CONDITION 45 MIN		YIN YOGA 60 MIN		
14:00						CROSS FIT 60 MIN	
18:00				CROSS FIT 45 MIN			
18:15	TOTAL BODY 30 MIN		SPINNING 45 MIN				
18:45		ASTHANGA YOGA 60 MIN			ASTHANGA YOGA 60 MIN		
19:00	PILATES MAT 60 MIN		PILATES MAT 60 MIN	PILATES MAT 60 MIN			
20:00	FIESTA WORKOUT 50 MIN	YIN YOGA 60 MIN	DANCE STORM 50 MIN	VINYASA YOGA 60 MIN			