


































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 7:30  <b>BODY BLAST</b>	7:00 – 7:30  <b>BODY BLAST</b>	7:00 – 7:30  <b>BODY BLAST</b>	7:00 – 7:30  <b>BODY BLAST</b>	7:00 – 7:30  <b>BODY BLAST</b>		
12:00 – 12:30 	12:00 – 12:30 	12:00 – 12:30 	12:00 – 12:30 	12:00 – 12:30 		
1.00 – 2.00 <i>SPINNING.</i> 	1.00 – 2.00 <i>SPINNING.</i> 	1.00 – 2.00 <i>SPINNING.</i> 	1.00 – 2.00 <i>SPINNING.</i> 	1.00 – 2.00 <i>SPINNING.</i> 	<b>RIG CLASS EVERY</b>	<b>RIG CLASS EVERY</b>
2:00-2:30 	2:00-2:30 	2:00-2:30 	2:00-2:30 		<b>HOUR ON THE HOUR</b>	<b>HOUR ON THE HOUR</b>
4:30 – 5:00 	4:30 – 5:00 	4:30 – 5:00 	4:30 – 5:00 			
5:00 – 5:30 <b>The Circuit</b>	5:00 – 5:30 <b>The Circuit</b>	5:00 – 5:30 <b>The Circuit</b>	5:00 – 5:30 <b>The Circuit</b>			
6:00 – 7:00 <i>SPINNING.</i> 	6:00 – 7:00 <b>INSANITY</b>	6:00 – 7:00 	6:00 – 7:00 YOGA 			
7:00 – 8:00 <b>RIG CLASS</b>	7:00 – 8:00 <i>SPINNING.</i> 	7:00 – 8:00 <i>SPINNING.</i> 	7:00 – 8:00 <i>SPINNING.</i> 			

**Gym4all**  
Get Fit Pay Less