


































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