

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM		Boot Camp @ 1941 6:00 - 7:00	Boot Camp 6:15 - 7:00	Boot Camp @ 1941 6:00 - 7:00	
6:30 AM	Tabata & Abs 6:30 - 7:00				Boot Camp 6:15 - 6:45
7:00 AM					Abs & Glutes 6:45 - 7:00
7:30 AM		Book PT Session 7:00 - 8:00		Book PT Session 7:00 - 8:00	
8:00 AM					
9:00 AM					
10:00 AM				Book PT Session 10:00-10:45	
10:30 AM					
11:00 AM		Abs & Glutes @ 1941 11:00 - 11:30	Book PT Session 10:45 - 11:30	Boot Camp @ 1941 11:00 - 11:45	
11:30 AM	Boot Camp @ 1941 11:30 - 12:15	Total Body Interval Training @ 1941 11:30- 12:00	Tabata @ 1941 11:30 - 12:00	Core & Mobility 11:30 - 12:00	Tabata 11:30 - 12:00
12:00 PM		Barre @ 1941 12:15 - 1:00	Abs & Glutes @ 1941 12:00 - 12:15	Barre 12:30 - 1:00	Yoga and Meditation @ 1941 12:00 - 12:45
12:30 PM	TRX @ 1941 12:30-1:15		Book PT Session 12:15 - 1:00	TRX @ 1941 12:15 - 1:00	
1:00 PM					
1:30 PM	Book PT Session 1:30 - 2:15			Book PT Session 1:30 - 2:15	
2:00 PM					
2:30 PM	Total Body Interval Training @ 1941 2:30 - 3:00			Book PT Session 2:15 - 3:00	
3:00 PM	Abs & Glutes @ 1941 3:00 - 3:15				
3:30 PM			Book PT Session 3:30 - 4:30		
4:00 PM				Tabata @ 1941 4:00 - 4:30	
4:30 PM		Boot Camp 4:45 - 5:15	Spin Class @ 1941 4:30 - 5:15	TRX @ 1941 4:30 - 5:30	Abs & Glutes @ 1941 4:30 - 4:45
5:00 PM					
5:30 PM					
	Shared Virtual Classes		1941 Classes		Book Private Training Session