



FALL SCHEDULE

New Client Special: \$100 First Month Unlimited Classes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am	HOT LIFT Lisa G		HOT LIFT Cassie		HOT PILATES Cassie		
7am	HOT BIKRAM BEATS Camile	HOT VINYASA Mariela	HOT PILATES Cassie	HOT VINYASA Mariela	HOT LIFT Cassie		
815am	830am HOT VINYASA Tressie	HOT PILATES Marina	HOT LIFT Liz	HOT PILATES Brittany	HOT LIFT Lauren	8-9am HOT VINYASA Tondie	HOT BARRE Lauren
930am	945-1030am Hot Box, Bands, Balls Alissa	HOT LIFT Alissa	HOT VINYASA Tressie	9:15-10:15am HOT VINYASA Lisa Steiner	HOT VINYASA Marisa	915-10am HOT PILATES Brittany	HOT CORE Flow Lisa
1045am	HOT PILATES Brittany		HOT FUSION Brittany	1145-1230pm HOT LIFT Alissa	1135-12:20pm HOT LIFT Brittany	10:15-11am HOT LIFT Lauren	HOT LIFT Alissa
		1135-12:20pm HOT Pilates Britt				1130-1230pm HOT VINYASA Jessica	
1230pm	HOT VINYASA Stefanie	HOT VINYASA Stefanie	HOT VINYASA Stefanie	12:45-1:45pm HOT Bikram Beats Camile	HOT VINYASA Stefanie		
430pm	HOT VINYASA Tondie	HOT VINYASA Jessica	HOT BARRE Raegan	HOT PILATES Stefanie	4-5pm HOT VINYASA Erin		
545pm	HOT LIFT Liz	HOT LIFT Cassie	530pm HOT VINYASA Mariela	530pm HOT VINYASA Jessica	5:15-6pm HOT LIFT Raegan		
7pm		HOT PILATES Cassie				4-5pm HOT Bikram Beats Camile	415-530pm HOT VINYASA Jessica

HOT VAULT

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