

Check out our FREE Open House Schedules

**Bring your
water**

**Bring your
workout gear**

Sunday January 28th	Wednesday January 31st	Saturday February 3rd	Sunday February 4th
<u>9:05 AM</u> AEROBIC DANCE	<u>4 PM</u> AEROBIC DANCE	<u>10 AM</u> YOGA	<u>9:05 AM</u> AEROBIC DANCE
<u>10 AM</u> OPEN STUDIO	<u>4:40 PM</u> OPEN STUDIO	<u>11 AM</u> HIIT	<u>10 AM</u> OPEN STUDIO
<u>10:30 AM</u> HIIT	<u>5:15 PM</u> HIIT	<u>11:30 AM</u> OPEN STUDIO	<u>10:30 AM</u> HIIT
<u>11 AM</u> YOGA	<u>5:45 PM</u> OPEN STUDIO	<u>12:15 PM</u> TONING/ SCULPTING	<u>11 AM</u> YOGA
	<u>6:30 PM</u> YOGA	<u>12:45 PM</u> OPEN STUDIO	
		<u>1:15PM</u> AEROBIC DANCE	
Wednesday February 7th	Saturday February 10th	Sunday February 11th	Thursday February 15th
<u>4 PM</u> AEROBIC DANCE	<u>10 AM</u> YOGA	<u>9:05 AM</u> AEROBIC DANCE	<u>4 PM</u> PILATES
<u>4:40 PM</u> OPEN STUDIO	<u>11 AM</u> HIIT	<u>10 AM</u> OPEN STUDIO	<u>4:30 PM</u> OPEN STUDIO
<u>5:15 PM</u> HIIT	<u>11:30 AM</u> OPEN STUDIO	<u>10:30 AM</u> HIIT	<u>5 PM</u> ZUMBA
<u>5:45 PM</u> OPEN STUDIO	<u>12:15 PM</u> TONING/ SCULPTING	<u>11 AM</u> YOGA	<u>5:30 PM</u> OPEN STUDIO
<u>6:30 PM</u> YOGA	<u>12:45 PM</u> OPEN STUDIO		<u>6 PM</u> CARDIO AEROBIC
	<u>1:15PM</u> AEROBIC DANCE		