|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8 | Yoga with Molly | Spin with Julie | Yoga with Molly | Spin with Julie | Yoga with Molly |  |  |
| 8:30 |  |  |
| 9 |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10 |  | Bootcamp with John |  | Bootcamp with John |  |  |  |
| 10:30 |  |  |  |  |  |
| 11 |  |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |
| 12 | Yoga with Molly |  | Yoga with Molly |  | Bootcamp with Greg | Spin with Julie |  |
| 12:30 |  |  |  |
| 1 |  |  |  |
| 1:30 |  |  |  |  | Power yoga with Samantha |  |  |
| 2 |  |  | Zumba with Samantha |  |  |  |
| 2:30 |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 3:30 |  |  |  |  |  |  |  |
| 4 | Power yoga with Samantha |  |  |  |  |  |  |
| 4:30 |  | Spin with Julie |  |  |  |  |
| 5 | Zumba with Samantha | Zumba with Samantha |  |  |  |
| 5:30 |  |  |  |  |
| 6 | Cardio kickboxing with Julie | Cardio kickboxing with Jake | Cardio kickboxing with Julie |  |  |
| 6:30 | Bootcamp with Neil | Bootcamp with Neil |  |  |
| 7 |  |  |
| 7:30 |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |

\*\*Gym opens at 6am Mon-Fri, 7:30am Sat, 8am Sunday and closes every night at 9pm

\*\*\*6 am spin classes are available by request