

THE CLASS ROOM

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00AM	Strength & Conditioning	Strength & Conditioning	HIIT & Conditioning	HIIT & Conditioning	Strength & Conditioning	Strength & Conditioning	HIIT & Conditioning
01:00AM	HIIT & Conditioning	Yoga	HIIT & Conditioning	Yoga	HIIT & Conditioning	HIIT & Conditioning	Yoga
02:00AM	Strength & Conditioning	Step & Conditioning	Step & Conditioning	Step & Conditioning	Strength & Conditioning	Step & Conditioning	Step & Conditioning
03:00AM	HIIT & Conditioning	Pilates & Yoga	Strength & Conditioning	HIIT & Conditioning	HIIT & Conditioning	Pilates & Yoga	Pilates & Yoga
04:00AM	Strength & Conditioning	Strength & Conditioning	Pilates & Yoga	Strength & Conditioning	Pilates & Yoga	Strength & Conditioning	Strength & Conditioning
05:00AM	Yoga	Strength & Conditioning	Strength & Conditioning	Yoga	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning
06:00AM	Strength & Conditioning	Strength & Conditioning	Pilates & Yoga	HIIT & Conditioning	Pilates & Yoga	Strength & Conditioning	Step & Conditioning
07:00AM	Step & Conditioning	Pilates & Yoga	HIIT & Conditioning	Strength & Conditioning	Step & Conditioning	Yoga	Pilates & Yoga
08:00AM	Pilates & Yoga	Step & Conditioning	Strength & Conditioning	Pilates & Yoga	Pilates & Yoga	Pilates & Yoga	HIIT & Conditioning
09:00AM	Strength & Conditioning	Mobility & Stretch	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Mobility & Stretch	Yoga
10:00AM	Strength & Conditioning	Pilates & Yoga	Mobility & Stretch	Pilates & Yoga	HIIT & Conditioning	Pilates & Yoga	Strength
11:00AM	Pilates & Yoga	HIIT & Conditioning	HIIT & Conditioning	HIIT & Conditioning	Strength & Conditioning	Strength & Conditioning	Pilates & Yoga
12:00PM	Step & Conditioning	Pilates & Yoga	Strength & Conditioning	Pilates & Yoga	Strength & Conditioning	Pilates & Yoga	Strength
01:00PM	Pilates & Yoga	Step & Conditioning	Pilates & Yoga	Step & Conditioning	Pilates & Yoga	Step & Conditioning	Strength & Conditioning
02:00PM	HIIT & Conditioning	Pilates & Yoga	HIIT & Conditioning	Pilates & Yoga	HIIT & Conditioning	HIIT & Conditioning	Pilates & Yoga
03:00PM	HIIT & Conditioning	Step & Conditioning	Yoga	Strength & Conditioning	Strength & Conditioning	Mobility & Stretch	Strength
04:00PM	Strength & Conditioning	Pilates & Yoga	Strength & Conditioning	Pilates & Yoga	Mobility & Stretch	Strength & Conditioning	Mobility & Stretch
05:00PM	Mobility & Stretch	Strength & Conditioning	Strength & Conditioning	Step & Conditioning	HIIT & Conditioning	HIIT & Conditioning	HIIT & Conditioning
06:00PM	Strength & Conditioning	HIIT & Conditioning	Yoga	Pilates & Yoga	Pilates & Yoga	Pilates & Yoga	Step & Conditioning
07:00PM	Pilates & Yoga	Strength & Conditioning	Pilates & Yoga	Mobility & Stretch	Strength & Conditioning	Step & Conditioning	Mobility & Stretch
08:00PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	HIIT & Conditioning	HIIT & Conditioning
09:00PM	Step & Conditioning	Pilates & Yoga	Step & Conditioning	Pilates & Yoga	Step & Conditioning	Pilates & Yoga	Pilates & Yoga
10:00PM	HIIT & Conditioning	Strength & Conditioning	Yoga	Strength & Conditioning	Yoga	Strength & Conditioning	HIIT & Conditioning
11:00PM	Pilates & Yoga	HIIT & Conditioning	Pilates & Yoga	HIIT & Conditioning	Mat Pilates	Yoga	Yoga