

| | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|-------------------|---------------------|--------------------------------|---------------------|--------------------------------------|-------------------|-----|------------------------------|
| 6:15-7:00am | Barre Val R | | Strength Ethan G | | Barre Alexis N | | |
| 10:00 AM | | | | | | | 10-10:30am HIIT Nuha A |
| 10:30-11am | Core Tim S | | | | Core Kate J | | |
| 10:45-11: 15am | | | | | | | Core Nuha A |
| 12-1245 pm | | | Barre Kate J | | | | |
| 5:45-6:30pm | Strength Sarah E | Barre Amanda S | Strength Ethan G | Barre Amanda S | | | |
| 6:45-7:15 | | 6:45-7: 30Strength Tim S | | 6:45-7:30 Strength Christian A | | | |