



























STUDIO

	MON	TUES	WED	THUR	FRI	SAT
06:00 AM				 SPA HEALTH CLUB PUMP GROUP X		
06:15 AM	 SPA HEALTH CLUB FIT GROUP X					
09:15 AM	 SPA HEALTH CLUB SPIN GROUP X	 SPA HEALTH CLUB PUMP GROUP X	 SPA HEALTH CLUB SPIN GROUP X	 SPA HEALTH CLUB PUMP GROUP X	 SPA HEALTH CLUB FIT GROUP X	 SPA HEALTH CLUB SPIN GROUP X
09:45 AM	 SPA HEALTH CLUB TBT GROUP X					
10:00 AM		 SPA HEALTH CLUB CORE GROUP X	 SPA HEALTH CLUB BOXING GROUP X	 SPA HEALTH CLUB TBT GROUP X		
10:15 AM	 SPA HEALTH CLUB PILATES GROUP X				 SPA HEALTH CLUB YOGA GROUP X	
10:45 AM						
11:00 AM				 SPA HEALTH CLUB STRENGTH & WELLNESS GROUP X		
05:45 PM	 SPA HEALTH CLUB FUSION GROUP X	 SPA HEALTH CLUB SPIN GROUP X	 SPA HEALTH CLUB PUMP GROUP X			
06:30 PM	 SPA HEALTH CLUB FIT GROUP X	 SPA HEALTH CLUB YOGA GROUP X				
7:00 PM						
GYM AREA						
11:00 AM	 SPA HEALTH CLUB STRENGTH & WELLNESS GROUP X					
03:30 - 05:00 PM	 SPA HEALTH CLUB TEEN GYM GROUP X	 SPA HEALTH CLUB TEEN GYM GROUP X	 SPA HEALTH CLUB TEEN GYM GROUP X	 SPA HEALTH CLUB TEEN GYM GROUP X	 SPA HEALTH CLUB TEEN GYM GROUP X	