



























# STUDIO 1

	MON	TUES	WED	THUR	FRI	SAT
06:00 AM				 SPA HEALTH CLUB <b>PUMP</b> GROUP X		
06:15 AM	 SPA HEALTH CLUB <b>FIT</b> GROUP X					
09:15 AM	 SPA HEALTH CLUB <b>SPIN</b> GROUP X	 SPA HEALTH CLUB <b>PUMP</b> GROUP X	 SPA HEALTH CLUB <b>SPIN</b> GROUP X	 SPA HEALTH CLUB <b>PUMP</b> GROUP X	 SPA HEALTH CLUB <b>FIT</b> GROUP X	 SPA HEALTH CLUB <b>SPIN</b> GROUP X
09:45 AM	 SPA HEALTH CLUB <b>TBT</b> GROUP X					
10:00 AM				 SPA HEALTH CLUB <b>TBT</b> GROUP X		
10:15 AM	 SPA HEALTH CLUB <b>STRENGTH &amp; WELLNESS</b> GROUP X	 SPA HEALTH CLUB <b>FIT</b> GROUP X	 SPA HEALTH CLUB <b>PILATES</b> GROUP X		 SPA HEALTH CLUB <b>YOGA</b> GROUP X	
10:45 AM						
11:00 AM				 SPA HEALTH CLUB <b>STRENGTH &amp; WELLNESS</b> GROUP X		
03:30 - 05:00 PM	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	 SPA HEALTH CLUB <b>TEEN GYM</b> GROUP X	
05:45 PM	 SPA HEALTH CLUB <b>PILATES</b> GROUP X	 SPA HEALTH CLUB <b>SPIN</b> GROUP X	 SPA HEALTH CLUB <b>PUMP</b> GROUP X			
06:30 PM	 SPA HEALTH CLUB <b>FIT</b> GROUP X	 SPA HEALTH CLUB <b>YOGA</b> GROUP X	 SPA HEALTH CLUB <b>TBT</b> GROUP X			
7:00 PM						