

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Studio B	HIIT MIX w/ Shawna	Titan Ride/ Barre (30/30) w/ Shawna	HIIT MIX w/ Shawna		HIIT MIX w/ Shawna		
8:15 AM Studio A		Titan Ride w/ Jen		Titan Ride w/ Jen			
8:30 AM Studio A						Titan Ride w/ Shawna	
9:00 AM Studio A		Streghth Full Body w/ Tara	Barre w/ Natalie	Abs and Glutes (30 min) w/Jen	SHiNE w/ Natalie		
9:00 AM Studio B	HIIT MIX w/ Jen				HIIT MIX w/ Jen		
9:30 AM Studio A						Pound w/Rana	
10:00 AM Studio A					Yoga w/ Jill		
1:30 PM Studio A							Barre w/ Ali
2:30 PM Studio A							SHiNE w/ Ali
4:30 PM Studio A		Barre w/Ali					
4:30 PM Studio B		Yoga Deep Stretch w/ Cathy		Yoga Deep Stretch w/ Cathy			
5:30 PM Studio A	Pound w/ Rana	SHiNE w/ Ali	Pound w/ Candace	SHiNE w/ Candace			
5:30 PM Studio B	HIIT MIX w/ Shawna	Strength w/ Rana	HIIT MIX w/ Rana	Strength w/ Rana			
6:30 PM Studio A	Barre w/ Shawna			Titan Ride w/ Shawna			
6:30 PM Studio B		Strength w/ Rana	HIIT MIX w/ Rana	Strength w/ Rana			