September 19 -December 23

SUNDAY MONDAY TUESDAY WEDNESDAY	THURSDAY TURF STUDIO POOL TURF	FRIDAY STUDIO POOL TURF	SATURDAY STUDIO POOL TURF
6:00AM-6:15AM 6:15AM-6:30AM 6:15AM-6:30AM 6:30AM-6:35AM 6:45AM-7:00AM 7:00AM-7:15AM 7:15AM 7:15AM-7:30AM 7:15AM-7:30AM 7:30AM-7:45AM 7:45AM-8:00AM 8:00AM-8:15AM 8:15AM-8:30AM 8:30AM-8:45AM	TURF STUDIO POOL TURF	STUDIO POOL TURF	STUDIO POOL TURF
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8:30AM-8:45AM			_
8:45AM-9:00AM			
9:00AM-9:15AM	Arriba		
9:15AM-9:30AM	9:00-9:30		
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9:45AM-10:00AM			
10:00AM-10:15AM 10:15AM-10:30AM			_
10:30AM-10:45AM			- V
10-53M-11-100AM			Yoga 10:15-11:15
10.45AWF-11.00AWI			
11:15 AM-11:30AM			-
11:30AH-11:45AM			
11:45AM-12:00PM			CycleFit
12:00AM-12:15PM			11:30-12:15
12:15AM-12:30PM			
12:30AM-12:45PM			
12:45PM-1:00PM			
1:00PM-1:15PM Personal			
1.13PW-1.30PW			
1:30PM-1:45PM 12:30-2:30 Beginner	Personal		
1:45PM-2:00PM Exercise	Training		
2:00PM-2:15PM	12:00-2:00		Power Step 2:00-2:30
E.I.J. W. E.J.O. W.			2.00*2.50
2:30PM-2:45PM			
3:00PM-3:15PM			-
3:15PM-3:30PM			-
3:30PM-3:45PM			
3:45PM-4:00PM			
4:00PM-4:15PM			
4:15PM-4:30PM			
4:30PM-4:45PM Arriba Power Step		0.153	
4:45PM-5:00PM	HIIT - Circu	CycleFit 4:30-5:15	
3:00PM-3:15PM 4:30-5:15	4:30-5:30	4.50 5.25	
5:15PM-5:30PM			
5:30PM-5:45PM 5:15-6:00		Arriba	
5:45PM-6:00PM 5:30.6:15		5:30-6:00	
6:00PM-6:15PM			
6:15PM-6:30PM Ashtanga Yoga	Beginner Iyengar Yoga		
0:39/PM-0:39/PM 6:15-7:00 Gentie Yoga Pound Fitness 6:30-7:30 Pound Fitness	Exercise 6:00-7:15 Persona		
6:30-7:15 7:00PM-7:15PM 6:30-7:15	6:15-7:15 Training		
7.50PW7.13PW 7.15PM 7.1	6:00-8:0		
7.330PM-7.45PM			
7-350-7-350PM 7-350PM			
S.OOPM-S.15PM			
8:15PM-8:30PM			
8:30PM-8:45PM			
8:45PM-9:00PM			
9:00PM-9:15PM			
9:15PM-9:30PM			
9:30PM-9:45PM			
9:45PM-10:00PM			