

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Full Body Burn 7:00am 45 mins	Yinyasa Yoga 7:00am 45 mins	Pilates - Cardio Core & More 7:00am 45 mins	Sweat & Sculpt 7:00am 45 mins	Vinyasa Slow Flow 7:00am 45 mins		
8:00 AM	Pilates - Cardio Core & More 8:00am 45 mins	Yoga Flow 8:00am 45 mins	Sweat & Sculpt 8:00am 45 mins	Full Body Burn 8:00am 45 mins	Vinyasa Dynamic Flow 8:00am 45 mins		
9:00 AM						Pilates - Cardio Core & More 9:00am 45 mins	
10:00 AM						HIIT (The OSLO Method) 10:00am 45 mins	
11:00 AM						Postnatal Yoga 11:00am 45 mins	
12:00 PM	Pilates - Cardio Core & More 12:00pm 45 mins	Barre 12:00pm 45 mins	Barre 12:00pm 45 mins	Pilates - Cardio Core & More 12:00pm 45 mins	Pilates - Cardio Core & More 12:00pm 45 mins	Yoga Flow 12:00pm 45 mins	
1:00 PM	Barre 1:00pm 45 mins	Pilates - Cardio Core & More 1:00pm 45 mins	HIIT (The OSLO Method) 1:00pm 45 mins	Barre 1:00pm 45 mins	Strength & Conditioning 1:00pm 45 mins		
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	HIIT (The OSLO Method) 5:30pm 45 mins	Prenatal Yoga 5:30pm 45 mins	Full Body Burn 5:30pm 45 mins	Vinyasa Slow Flow 5:30pm 45 mins	Vinyasa Yoga 5:30pm 45 mins		
7:00 PM	Strength & Conditioning 6:30pm 45 mins	Vinyasa Dynamic Flow 6:30pm 45 mins	Sweat & Sculpt 6:30pm 45 mins	Vinyasa Dynamic Flow 6:30pm 45 mins			
<b>Exercise Style Guide</b>		Yoga	Pre/Post Natal	Barre	Pilates	High Intensity	