



SCHEDULE AS OF 01/24

PREMIER

DAY	TIME + CLASS	STUDIO + MAX PARTICIPANTS
M	5:30 AM POWER HOUR	GYM (MAX 20)
	5:45 AM TRX FUSION	PREMIER STUDIO (MAX 8)
	8:30 AM PILATES REFORMER LV1	PILATES STUDIO (MAX 4)
	12:00 PM POWER HOUR	PREMIER STUDIO (MAX 8)
	5:30 PM POWER HOUR	GYM (MAX 20)
	5:30 PM PILATES REFORMER LV1	PILATES STUDIO (MAX 4)
T	5:30 AM POWER HOUR	PREMIER STUDIO (MAX 8)
	12:30 PM PILATES REFORMER LV 2	PILATES STUDIO (MAX 4)
	5:30 PM POWER HOUR	GYM (MAX 20)
W	5:30 AM POWER HOUR	GYM (MAX 20)
	5:45 AM CORE CONDITIONING TORQUE	PREMIER STUDIO (MAX 8)
	8:30 AM PILATES REFORMER LV1	PILATES STUDIO (MAX 4)
	5:30 PM POWER HOUR	GYM (MAX 20)
T	5:30 AM POWER HOUR	GYM (MAX 20)
	5:30 PM POWER HOUR	GYM (MAX 20)
F	5:30 AM POWER HOUR	GYM (MAX 20)
	5:45 AM RUMBLE	PREMIER STUDIO (MAX 8)
	8:30 AM PILATES REFORMER LV3	PILATES STUDIO (MAX 4)
	9:00 AM TRX FUSION	PREMIER STUDIO (MAX 8)
	12:00 PM POWER HOUR	PREMIER STUDIO (MAX 8)
SAT	8:00 AM POWER HOUR	GYM (MAX 20)