




# SHAPE-UP

## CLASS SCHEDULE

UPDATED - 05/30/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15a   Dirty 30	6:00a   SPIN	6:15a   Next Level	6:00a   SPIN	6:15a   Dirty 30	7:00a   TRX
7:00a   Hatha Yoga	7:00a   Pilates Mat	7:00a   Power Yoga	7:00a   Pilates Mat	7:00a   Hatha Yoga	8:00a   SPIN
8:00a   Cardio Aerobics	8:00a   Barre	8:00a   Cardio Aerobics	8:00a   Zumba	8:00a   Cardio Dance	8:00a   Zumba
8:15a   SPIN	8:15a   SPIN	8:15a   SPIN	8:15a   SPIN	8:15a   SPIN	9:00a   Barre
8:30a   Strength in 30	9:15a   SCULPT	8:30a   Strength in 30	9:00a   Body Combat	9:15a   Abs & Booty	10:00a   Body Combat
9:15a   Abs & Booty	 10:30a   Egoscue	9:15a   Abs & Booty	 10:30a   Egoscue	10:00a   Slow Flow Yoga	
10:00a   Slow Flow Yoga	12:00p   Core Fusion	10:00a   Slow Flow Yoga	12:00p   Core Fusion	11:30a   Swing'n Seniors	
11:30a   Swing'n Seniors	5:30p   Dirty 30	11:30a   Swing'n Seniors	5:30p   Body Combat		
5:30p   Body Combat	6:00p   Athletic Stretch	5:30p   TRX	6:30p   Vinyasa Flow Yoga		
6:15p   Body Combat		 6:30p   Strongboard			