

OUR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 13:10-13:50	PILATES 13:10-13:50	DANCE FIT 17:30-18:15	STRONG NATION HIIT 13:10-13:50	SPIN 13:10-13:50	YOGA 10:30-11:15
POWER HOOP 17:30-18:15	ZUMBA 17:30-18:15	KRAV MAGA 18:30-20:00	PILATES 17:30-18:15	CIRCUIT TRAINING 17:30-18:15	
SPIN 17:30-18:15	PILATES 18:30-19:15		SPIN 18:30-19:15	POUND 18:30-19:15	
YOGA 18:30-19:15			YOGA 18:30-19:15		

CLASS LOCATIONS

STUDIO	SPIN STUDIO	GYM
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