

Weekly Schedule - Group Classes

ATHLOS

MONTUEWEDTHUFRI SATSUN

7:30- 8:00							
8:00-9:00		Yoga		Yoga			
9:00-10:00	Pilates	Cardio		Strength			
10:00-11:00	Strength					Yoga	Bootcamp
11:00-12:00			Bootcamp		Cardio	Pilates	
12:00-13:00				Pilates			
13:00-14:00							
17:00-18:00							
18:00-19:00				Pilates			
19:00-20:00	Cardio				Strength		
20:00-21:00		Strength					