



	Monday			Tuesday			Wednesday			Thursday		
	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL
6:15-7:00	BlastFIT (45) Jessie	All Terrain (45) Christine		SUPERSETS! (45) Shomari			AMRAP!! (45) Olli	RxRIDE (45) Abby		6:30AM Blastfit (45) Somer		
7:15-08:00	Strength ALL OVER (45) Olli			6:45AM OUTDOOR Blastfit (45) Elidh		7:30AM DB Strength (30) Olli	Strength ALL OVER (45) Olli					7:30AM Booty (30) Lucy
9:00-9:45												
12:10-12:55			12:00PM HIIT & Core (30) Lucy	Strength Lowers (45) Chris			OUTDOOR Booty (45) Lucy		12:00PM Mat Pilates (30) April	Strength CORE (45) Kacper	12:30PM HIIT SPIN (30) Christine	
1:00-1:45	SUPERSETS! (45) Kacper			CoreFlow (45) Emily			Strength Uppers (45) Chris			RestoreFlow (45) Emily		
1:45-5:25												
5:30-6:15	Blastfit (45) Elidh	All Terrain (45) Olli		Athletic Conditioning (45) Olli	HIIT SPIN (30) Jessie			RxRIDE (45) Lucy		SUPERSETS! (45) Shomari	HIIT SPIN (30) Gladwin	



Jan 11th Start Date

**SCHEDULE OF CLASSES**

	Friday			Saturday			Sunday		
	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL
	6:30AM Ropes & Rowers (45) Elidh	RxRIDE (45) Somer							
	6:45AM OUTDOOR Blastfit (45) Jessie/Lucy		7:30AM Blastfit (30) Lucy		8:00AM All Terrain (45) BFB Coach				
	Circuit (45) Christine			9:00AM OUTDOOR HIIT & Burn (45) BFB Coach			8:30AM Booty (45) Elidh	8:30AM RxRIDE (45) Abby/Somer	
	Strength FLEX FRI (45) Kacper	12:30PM HIIT SPIN (30) Chris							9:30AM Mat Pilates (30) April

