



# CLASS SCHEDULE - EXAMPLE BURLINGTON

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Gym Class Heros		Full Body Sweat		Bells & Core		
8:15AM						Upper Body Sweat	Deep Flow Yoga
9:15AM		Low Impact Fitness		Full Body SWEAT		Gym Class Heroes	Full Body Sweat
9:15AM		Baby Gym		Baby Gym		Baby Gym + Kids Zone	Baby Gym + Kids Zone
10:15AM	HIIT The Legs		Gym Class Heroes		Full Body Sweat	Super Circuit	Power Pilates
10:15AM	Baby Gym		Baby Gym		Baby Gym	Baby Gym + Kids Zone	Baby Gym + Kids Zone
11:15AM	Full Body SWEAT	Gym Class Heroes	Strength Circuit	HIIT & Flow	Power Pilates		
11:15AM	Baby Gym	Baby Gym	Baby Gym	Baby Gym	Baby Gym		
12:15PM	Strength Circuit		Full Body Sweat		Super Circuit		
12:15PM	Baby Gym		Baby Gym		12:15pm Baby Gym		
5:15PM		HIIT The Legs		Strength Circuit			
6:15PM	Bells & Core		Power Pilates				
7:15PM		Strength Circuit		Full Body Sweat			
8:15PM	Full Body Sweat		Gym Class Heroes				