



CLASS SCHEDULE - EXAMPLE BURLINGTON

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Super Circuit Stephen				Super Circuit Stephen		
8:15AM						Upper Body Sweat Harlee	
9:15AM		Low Impact Fitness Rebecca		Low Impact Pilates Harlee		Gym Class Heroes Kyle	
9:15AM		Baby Gym Jenna		Baby Gym Jenna		Baby Gym + Kids Zone	
10:15AM	HIIT The Legs Anna	Mommy Connections 10 -11:30am	Step Up! Nicole		Full Body Sweat Anna	Super Circuit Kyle	
10:15AM	Baby Gym Jenna		Baby Gym Jenna		Baby Gym Jenna	Baby Gym + Kids Zone	
11:15AM	Full Body SWEAT Christine	Strength Circuit Brennan	*Mom & Baby Series* Nicole	HIIT & Flow Harlee	Power Pilates Harlee		
11:15AM	Baby Gym Jenna	Baby Gym Jenna	Baby Gym Jenna	Baby Gym	Baby Gym Jenna		
12:15PM	Gym Class Heroes Christine	Little Rebels Music 12:15 - 1pm	Strength Circuit Kyle		Super Circuit Kyle		
12:15PM	Baby Gym Jenna		Baby Gym Jenna		12:15pm Baby Gym		
5:15PM		HIIT The Legs Jenna		Super Circuit Rebecca			
6:15PM	Bells & Core Stephen		Power Pilates Harlee				
7:15PM		Strength Circuit Jenna		Gym Class Heroes Rebecca			
8:15PM	Full Body Sweat Jenna		Free Flowga Harlee				

Mom & Baby Special 8 -Week registration

Mommy Connections Separate registration

Little Rebels Music Separate registration